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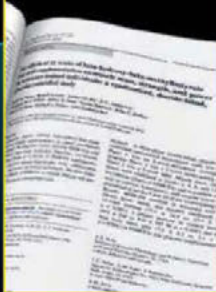


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IRON MAN

JUNE 2015



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JEFF
SEID

On the Cover

Jeff Seid and friends
Photo by Per Bernal

FEATURES

44 JEFF SEID

There is a dichotomy to social media fitness celebrity Jeff Seid. He epitomizes the digital age of physique culture but with a throwback vibe to the golden age of bodybuilding in the California sun.

58 FULL BODY BLAST

If you think circuit training is strictly for women—or worse, CrossFit—you need to try this total-body muscle-building fat-burning program.

68 BIGGER ARMS MADE EASY

Some days, the gym can be a crowded pain in the ass. When you need to get in and get out, use this super-convenient super-fast superset arm workout.

80 THE ANTAGONIST/AGONIST SPLIT

Hit opposing muscles in the same workout in order to keep volume and intensity levels high. Check out our complete weekly split.

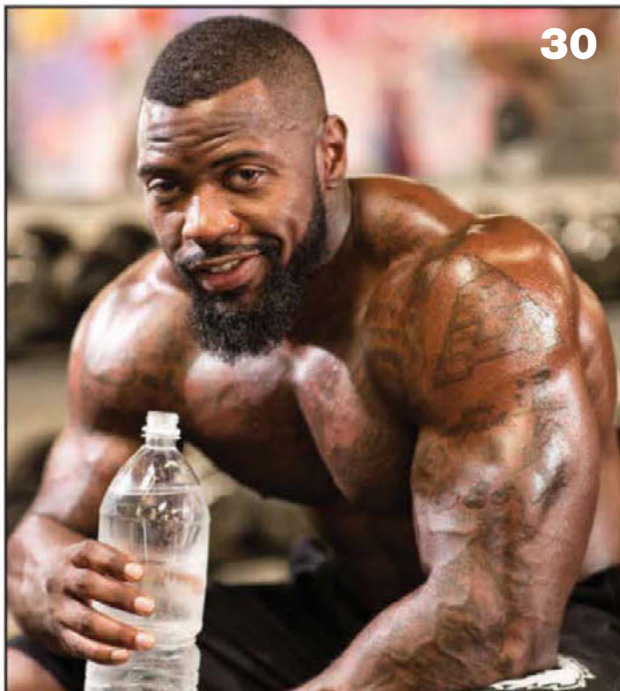
90 10 REASONS TO LOVE CAFFEINE

There's good reason why caffeine is America's most popular drug, and plenty more reasons to take some before your next workout.

94 HARDBODY: CAROLINE ASPENSKOG

This blonde Swedish bikini competitor proves once and for all that muscle on women is sexy as hell.





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Anti-aging specialists Dr. Brett Osborn and Jay Campbell have some advice about weight training in your 40s and beyond.

In the next IRON MAN:

Athlete. Social media mogul. Bombshell. Meet Michelle Lewin, one of the sexiest and successful women in fitness.

INTRODUCING MICELLAR WHEY:

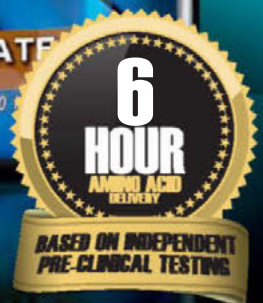
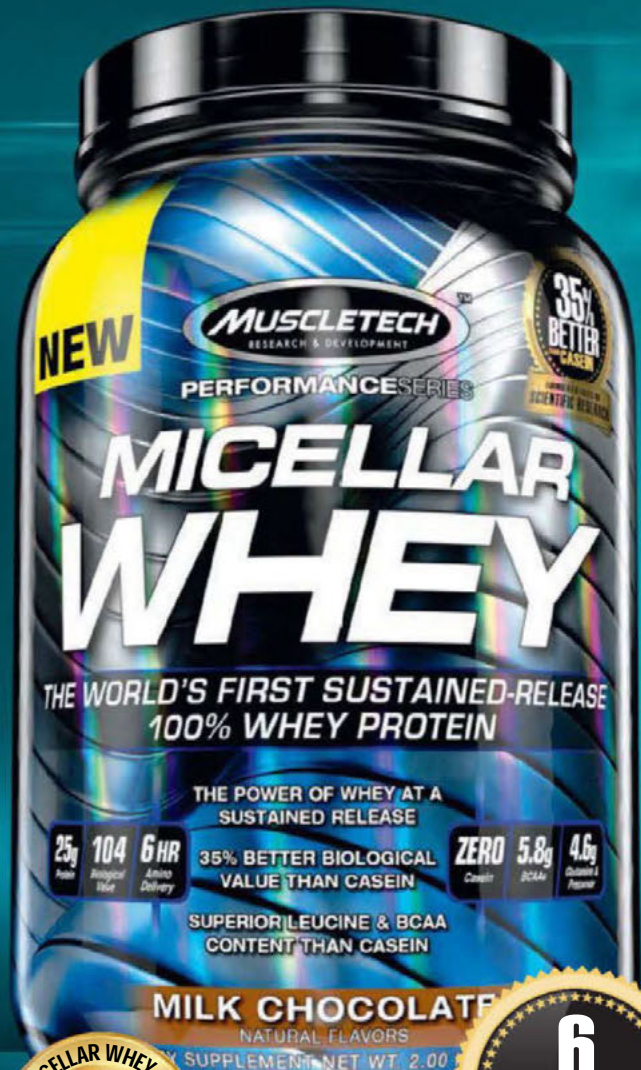
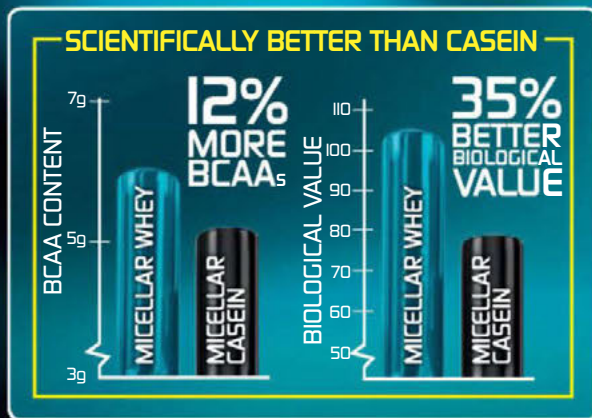
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But now, there's a new, breakthrough protein called micellar whey that uses unique whey protein molecules with double the molecular weight of regular whey molecules, giving it slow-release properties that last for 6 hours. And since it's a whey protein, micellar whey features a 35% better biological value than casein, which is a form of measuring protein quality, plus significantly more leucine and BCAAs. Casein is a protein of the past – micellar whey delivers the ultra-superior benefits of whey at the speed of casein!



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Ultra-pure, patented micellar whey in every scoop

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BIOLOGICAL VALUE

35% higher biological value (BV) than casein's BV of 77 for enhanced protein absorption based on scientific literature published in the *Journal of Sports Science & Medicine*

6-HOUR

AMINO ACID DELIVERY

Based on third-party pre-clinical, in-vitro testing, the unique protein molecule in micellar whey delivers a slow amino acid release

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BCAAs

Delivers a higher BCAA content than casein, including 2.7g of highly anabolic leucine to stimulate higher protein synthesis

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Delivers a fully disclosed formula so you know exactly what you are paying for

Started In The Squat Rack, Now We're Here...



here in Southern California is a bit longer than three months a year.

Every time I lack motivation at the gym I walk around Muscle Beach in Venice, California. I always find something to inspire me. These walks really remind me of how it all started and what it was all about for me. One of the biggest reasons I started lifting and wanted to move to California was because of all the photos I used to see in the magazines as a kid: pumped-up dudes running on the beach surrounded by beautiful ladies. I wanted to be there, look like those guys, and do all that. I had no clue how to get here and what it took, but I wanted it. Guess what? Nothing has changed. This place still attracts physique talents from all over the world. Social media sen-

Congratulations, guys! You made it through the winter, all the cardio sessions, and heavy leg workouts, and the moment most of us have been waiting for is finally here: beach season 2015! Take it off. Show it off. You deserve it. For us here at *Iron Man*, this summer will be everything but a vacation. We continue to publish 12 issues a year because it matters. But don't feel bad for us. We are fortunate enough to be able to see palm trees through our windows all year round, and beach season

sation, fitness icon, and IFBB Men's Physique pro Jeff Seid is one of them. There's no better way to welcome the summer season by arranging an epic meeting at the beach between renown photographer Per Bernal and Jeff Seid, who, by the way, brought some friends with him. The result speaks for itself!

Binais Begovic
Editor-in-Chief

IRON MAN™

Publisher/Editor in Chief: Binais Begovic **Publisher/Editorial Director:** Dr. Catherine Begovic **Publisher Emeritus/Consultant to the Publishers:** John Balik **Executive Editor:** Mike Carlson **Lead Photographer:** Michael Neveux **Art Director:** Fernando Carmona **Senior Designer:** Alex Waddell **Editor at Large:** Lonnie Teper **Copy Editor:** Gretchen Haas **Digital Media Director/Contributing Photographer:** Natalie Minh **Accounting and Fulfillment Director:** Sonia Melendez **Newsstand Consultant:** Angelo Gandino

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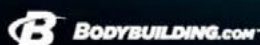
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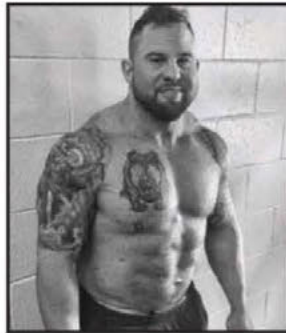
More than double the servings of the competition





Amanda Burrill

After serving in the U.S. Navy as a rescue swimmer, Burrill obtained a culinary degree at Le Cordon Bleu in Paris, a graduate degree in journalism from Columbia University, and a WSET Level 2 wine certification. She's a host for the Travel and Cooking channels and is a freelance writer, fitness model, and triathlete. In 2014, she competed in her first NPC Bikini competitions.



Brian Carroll

Brian Carroll is one of the most accomplished powerlifters in the history of the sport. After suffering a debilitating back injury in 2012—including several broken bones—he used the principles described in his book *10/20/Life* to return to competition. He has created a community of strength and fitness experts known as Power Rack Strength. Carroll most recently competed at the 2015 Arnold Classic where he won both his class and the overall title. For more info, check out powerrackstrength.com.



Doug Balzarini

Doug Balzarini, CSCS, MMA-CC, is a strength coach, international presenter, and the founder of DB Strength. He is the co-owner of Iron Village Strength & Conditioning facility near Boston. Formerly the strength and conditioning coach for the Alliance MMA Training Center, he has trained many top professional MMA athletes. Visit DBStrength.com or IronVillageSC.com for more information.



Brian Richardson

Brian Richardson, MS, CPL2, NASM-PES, is the co-owner of Dynamic Fitness in Temecula, California. He represented the United States in over seven world championships, Pan American Games, and World Games in roller sports. As a performance-enhancement specialist through the National Academy of Sports Medicine and a level 2 CHEK practitioner, along with his master's degree, he is able to bring a clinical feel to the realm of personal training.



Roger Lockridge

Roger "Rock" Lockridge has written for *Iron Man* since 2011. He's also contributed to Bodybuilding.com, Labrada Nutrition, and numerous other websites. In 2009, his first year as a published writer, he was named Bodybuilding.com Male Writer of the Year. For more info, check out rogerrocklockridge.com.



Jenevieve Roper, PhD (ABD)

Jenevieve Roper, PhD (ABD), CSCS is completing her doctoral program in exercise science at the University of New Mexico where her research interests include running injuries and sport performance. She hits the gym five to six days per week. She enjoys running and playing sand volleyball and flag football.

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INCREASE YOUR MUSCLE NOT YOUR GUT

TRAIN TO GAIN

● FIX YOUR SQUAT

By Brian Carroll

If you think a runner's "high" is something that feels good, you should feel the endorphins release after a set of 10 heavy ball-busting squats. There's no comparison.

Nothing will stimulate the lower body in strength, power, and development like a traditional squat. (You may hear the term Olympic squat, which is used to develop speed, athleticism, and proper range of motion for the clean and jerk; this is a different motion than a traditional squat, which will build quad, hip, and hamstring size and power.) The traditional squat has helped develop the legs of guys like Arnold and Zane, not to mention the muscular capabilities of the strongest men in the world.

Think of the squat as a standing leg press. You want to approach the rack with your body as tight as possible and your core stiff (pushing out, not sucked in). You must be properly warmed up, mentally and physically, with a light sweat broken out, before you approach the bar. As you walk the bar back from the supports, your torso should be as tight as possible. Before starting the descent, you should be gripping the floor like a monkey and ready to bang out the sets and reps that are scheduled for this day.

1. Maintain a death grip on the bar. In fact, you should be trying to bend it with your lats as it sits on your traps. A sturdy and motionless bar on your back is key as you prepare to squat big.

2. The walkout should consist of three steps at most. One left, one right, and then one to even up. Once you are in the stance you need, you will prepare to squat. The more you walk around with the bar, the more energy you're wasting not building big strong legs.

3. The squat motion starts with a hip hinge. After the squat and setting your stance, push your hips backward. Think of a kettlebell swing. Hips back, then knees bent and pushed out.



Neveux

Nothing will stimulate the lower body in strength, power, and development like a traditional squat.

4. Don't let your knees come way out over your toes. Some refer to this as valgus (the knee tracking too much). This will not lead to a bigger squat or legs. You don't want this to turn into a sissy squat where the knee is over the toes.

5. Make sure the bar is locked in on your back. Some like to keep a lower bar (far down the back) and some like to keep the bar very high (closer to the neck). This really depends on many factors, including torso and leg length and the amount of muscle on one's back. It's a personal preference.

6. Don't try to go way too low or cut the squat so that it's a measly four-inch motion. (You see this in commercial gyms all the time.) A true powerlifting squat is an imaginary parallel line from the top of the thigh in relation to the hip joint.

If you're not a powerlifter, a good rule of thumb is to make sure your quads hit just above parallel in order to achieve the most hypertrophy.

7. Always warm-up with bodyweight squats and a set with just the bar before you start loading the 45-pound plates. I suggest that everyone start with the bar each training session and make no more than 50-pound jumps as you warm up. As you approach your heaviest sets for the day, 10 percent increments is a good rule of thumb.

8. If you are not well versed in squatting and are still new or uncomfortable, start with a kettlebell or only bodyweight squats until you can keep your back flat and have proper hip mobility and posture, and can control your body under a small load (your bodyweight).

Neveux/Model: Andre DeCastro



Don't try to go way too low or cut the squat so that it's a measly four-inch motion.

9. Focus your sights on where the wall meets the ceiling (never look in the mirror and watch yourself). Your head should not be straight up or straight down; I refer to this as "neutral positive," meaning straight ahead but just slightly up as if you're looking someone in the eyes who is a bit taller than you.

10. Squat once per week, and don't go heavy every week. Have weeks where you focus on form, speed, or working the muscles slowly. Get better each week, but don't expect huge increases in weight. Use your assistance work to finish off your leg day. Lunges, front squats, hack squats, and leg presses are very good squat builders. **IM**

● SMART TRAINING

by Amanda Burrill

● The slew of new fitness and sports-performance technology increases with each passing month. From devices to apps to clothes that read your body, I'm back again to help sift through the gazillion things being thrown at you. The following five technological innovations can get you fitter, evaluate your hydration, and even help get your skin stage-ready. Depending on your goals, one of these could very well be your new best friend. After all, there's no shame in using technology to edge out the competition.

1. Gym Watch

Half-assing your workout with poor form will get you nowhere fast—except maybe to the chiropractor's office. This wearable gadget precisely measures the full motion of exercises the user inputs through the smartphone app, ensuring proper form of each rep and recording the expended effort. The real-time feedback ensures you don't fall short. Two sensors can be used simultaneously, either on arms or legs, if you want to track left and right at the same time. The app uses algorithms to analyze and factor together your goals, and using personal information the device collects, it will design a specific training plan just for you.

Price: Single \$149, Duo \$289

More info: gymwatch.com



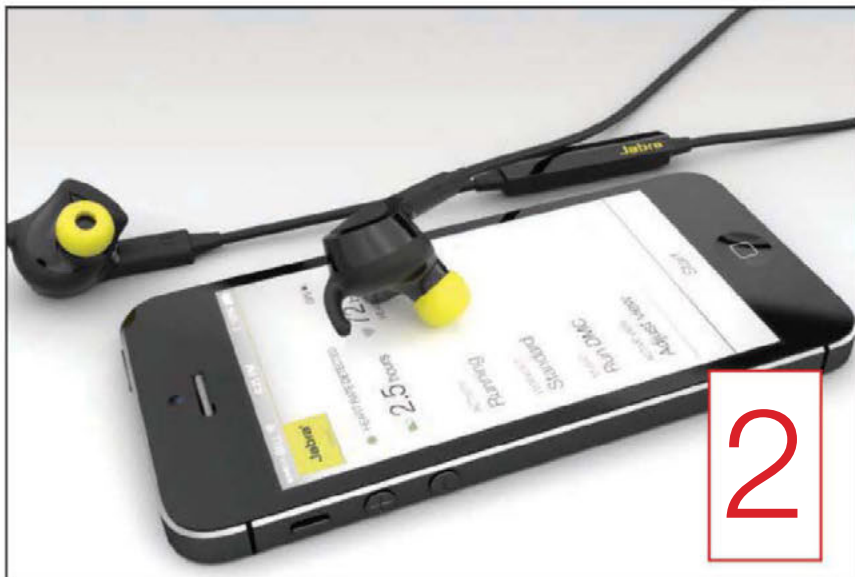
2. Jabra Sport Pulse Wireless

The Jabra Sport Pulse is a set of wireless earbuds and heart rate monitor in one. The heart rate tracking sensor is housed in the left earbud, and both earbuds are encased in carbon fiber and connected by a reinforced black cable behind your neck. At just 16 grams, these are lightweight and have been built

to handle shock, sand, and dust. They're also sweat- and rainproof. Sound quality, customizable voice updates, post-workout analysis that are reportedly 99.2 percent accurate, and the inclusion of a resting heart rate test and VO2 max test brings the value of this gadget up twofold.

Price: \$199.99

More info: jabra.com



At just 16 grams, these are lightweight and have been built to handle shock, sand, sweat and dust.



ALL-NEW

BEST IN CLASS PROTEINS



Essential Series proteins deliver best-in-class, fully disclosed formulas based on leading research. Measure any Essential Series protein against what you're currently taking, and you'll quickly realize why MuscleTech® has been on the cutting edge of sports nutrition supplement research for 20 years. Make the switch today!

- Cold-processed microfiltration – zero harsh chemicals or heat processing like the other guys
- Every lot verified through 3rd-party testing
- Fully disclosed formulas – zero proprietary blends
- Superior Taste Award from the 3rd-party American Masters of Taste Institute¹



PLATINUM ISO-ZERO

Platinum Iso-Zero uses only the highest grade 97% purity whey protein isolate to deliver a higher protein concentration per gram than inferior protein sources in an ultra-premium product with zero fat, carbs, sugar or lactose.

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In clinical research from St. Francis Xavier University, test subjects taking the key ingredient in Platinum 100% Whey built 51 lbs. of lean muscle and added 14 lbs. to their bench press.

PLATINUM 100% ISO-WHEY

With a filtration process that reduces lactose, ash and fat, Platinum 100% Iso-Whey delivers bioactive protein fractions with the highest biological value (104 BV) to deliver a premium protein source with more musclebuilding potential.

PLATINUM 100% CASEIN

Leading university research from France showed that subjects consuming the same dose of premium casein found in Platinum 100% Casein experienced a 34% decrease in total body protein breakdown after 7 hours.

PLATINUM 100% BEEF PROTEIN

Platinum 100% Beef Protein features the highest quality 98% isolate protein that's 390% more concentrated than steak, and is free of fat, sugar, cholesterol and lactose.

3. Radiate Athletics

Radiate Athletics uses their space age (seriously, it was developed by NASA) patented Thermal-Vision technology in their clothing's fabric to help you visually monitor your exertion levels. Remember Hypercolor T-shirts? Well, instead of being an utterly useless one-hit wonder, these shirts offer a thermochromatic visual of how hard each muscle is working by converting your bioenergy into color change. Vascularity and blood flow are seen as a pattern on the shirt, and you literally watch the color change as you reach maximum exertion. This is the only athletic apparel in the world that allows you to monitor real-time effort without the use of batteries or a digital device.

Price: From \$29.99

More info: radiateathletics.com



4. Breathometer's Mint

Breathometer, a company that got a huge jump-start after appearing on *Shark Tank*, has already rocked the BAC breathalyzer with its blue Breeze device, and now they've repurposed that technology for Mint. In addition to being able to detect halitosis (bad breath), Mint can tell if you're dehydrated. Rather than blow into the sleek green device, it uses a small fan to draw air from only your mouth, detecting humidity level among other readings. The device is used with a smartphone app and wireless Bluetooth connection. Tracking hydration is no joke for any athlete, so when this hits shelves in

August, it's bound to be a hit.

Price: \$99

More info: breathometer.com



5. OKU Skin Health Sensor

We've covered tracking reps, strength, heart rate, exertion, and hydration. What's left for a physique athlete? This skin coach provides fitness for your face! Onstage your skin matters, and in general, skin health is an indication of internal well-being. MySkin OKU's optical health sensor is used once or twice a day to check epidermis readings

such as moisture, texture, oils, wrinkles, and pigmentation. The data, interpreted from technology from dermoscopy, nanotechnology, and spectroscopy, is sent to a smartphone app, which then assigns your mug a SkinScore and advises you on whether you need a dietary, hydration, or lifestyle change.

Price: \$299

More info: getoku.com IM

SCIENTIFICALLY RESEARCHED WEIGHT LOSS

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SUBJECTS LOST 10.95 LBS. IN 60 DAYS!

New **Hydroxycut® SX-7™ Black Onyx™** is a hardcore, cutting-edge formula that's super-charged with 7 premium ingredients in a never-before-seen combination for extreme energy and mental focus. It also delivers hardcore weight loss with green coffee, shown to help study subjects lose 10.95 lbs. in 60 days with a low-calorie diet, and 3.7 lbs. in 8 weeks with a calorie-reduced diet and moderate exercise. With **Hydroxycut® SX-7™ Black Onyx™**, just one dose delivers an unrivaled sensory overload in a fully disclosed formula!

- Features 7 super-extreme, cutting-edge ingredients
- With *Coleus*, *Salvia* & theanine for a powerful sensory experience!
- Fully disclosed with zero proprietary blends
- Key ingredient based on 2 scientific studies

SCIENTIFICALLY RESEARCHED KEY WEIGHT LOSS INGREDIENT

STUDY 1 - 60 DAYS



*Individual received a free sample

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○ The Language of Tension by Vince DelMonte

Choose the right tool to communicate with your muscles in their own simple terms.

Ever since I began to climb the fitness ranks—from trainee, to trainer, to now having my own no-nonsense brand—more and more people have sought out my “professional opinion” regarding trends and fads that pop up within the fitness industry.

Many people wonder if I use kettlebells. Yes, I use them to solve specific issues with specific individuals. In some cases they’re simply more practical than other forms of resistance at my disposal. What about the TRX? Same deal.

But for every trending topic that is brought to my attention, the common theme I notice is that some diehard fan

is looking to me for validation that they’ve found something far beyond anything that has ever been created, which will undoubtedly help them accomplish the fitness goals they’ve yet to achieve using more conventional methods, like a barbell.

Muscles Respond To Tension


I remember when both the TRX and kettlebells came into popularity and people began to form cultlike subcultures, hoping to impose these tools on anyone who didn’t know better. TRX junkies would say things like, “The TRX is for

athletes, and if you want to be an athlete, then you should use the TRX.” The same can be said for kettlebells: “Bro, have you tried kettlebells? They’re amazing. All my clients are losing weight ever since I started using them.”

Anytime someone comes to me for my opinion regarding these tools, they’re generally let down when I try to explain why I’m not fully on board with them and why I won’t be adopting their principles and completely changing the way in which I do things. If I did, that would suggest that everything I knew and believed previously would be of significantly less value and that anyone I’ve worked with previously was shortchanged because what I now know would trump what I knew then, and this simply is not the case.

What I’ve known for a very long time now is this: Muscles only really know tension. This here is the underlying principle to which I always make my judgment when I’m asked for my professional opinion regarding a trending topic. When someone asks me about the TRX or kettlebells, or anything else for that matter, I ask myself, “Does this tool allow me to subject a specific muscle to a certain degree of tension?”

A muscle doesn’t know if it’s being loaded with a barbell or if the resistance is coming by way of bodyweight or using the straps of a TRX. Hell, a muscle cannot differentiate whether or not you’re swinging a kettlebell or a dumbbell. Muscles only know tension.



A muscle cannot differentiate whether or not you’re swinging a kettlebell or a dumbbell. Muscles only know tension.

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Based on research conducted at The University of Tampa and published in *Nutrition & Metabolism*.



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The goal is to subject the muscle to the highest level of tension possible, and whatever tool allows me to do that is the one I choose.

he found to be most effective. He just happened to find the Smith machine valuable in that sense.

The reason most coaches advocate free weights over machines is because these coaches are not for bodybuilders, nor do they train them. The one area in which free weights reign supreme for the resistance training population is in regards to how the nervous system must coordinate movement when using a free weight, as opposed to a machine, which is locked into its path. Obviously in the world of sports, athletes are not locked into a fixed pattern, therefore performing such movements doesn't accurately reflect the real situations of an athlete's performance. Athletes need to move three-dimensionally, so therefore it is of greater value for them to train three-dimensionally. But for those who are simply looking to build muscle or lose fat, it's all about subjecting the muscles to high levels of tension.

The Right Tool for the Job

All of these items (TRX, kettlebells, barbells, dumbbells) are just tools at the end of the day. And much the same way that you'd select the right tool for a job at home, you should select the right tool for the job in the gym. While a hammer is a pretty versatile tool for a lot of different household tasks, you wouldn't rely on it for things that require fine precision and delicate movements.

The right tool, in this case, is the one that enables you to perform a given task to the best of your physical capacity (assuming the goal is to get the greatest return on your investment of time and effort). In some cases, the kettlebell may be the best tool. Some may have an easier time learning a swing holding onto the handles of a kettlebell, as opposed to one end of a dumbbell. Others may have an easier time subjecting the muscles at their hip, knee, and ankle joint by performing a squat through a full range of motion while holding onto a TRX, as opposed to loading a barbell onto their back.

For me, I know barbells and dumbbells allow me to subject my muscles to high levels of tension through full ranges of motion, and through stress and repetition I've built my body up to meet the goals I'd set out to achieve. But there are other tools that offer unique benefits that a barbell or dumbbell simply can't provide, such as a cable apparatus. There are specific situations in which I'll opt to use a cable apparatus to subject specific compartments of whatever muscle it is I'm trying to place under tension.

The goal is always to subject the muscle, or part of the muscle, to the highest level of tension possible, and whatever tool allows me to do that is the one that I choose. **IM**

There are three primary triggers of muscular growth: tension, metabolic stress, and muscle damage. Some people fail to realize that tension is a prerequisite to both metabolic stress and muscular damage. Metabolic stress is the result of extended time under tension while damage comes from repeated bouts of tension.

Free Weights and Machines

A common theme in the strength and conditioning realm is that free weights are superior to machines. But the same people who latch onto this belief are stunned when they see guys at the gym pack on a great deal of muscle using the Smith machine for their presses, squats, rows, or even deadlifts. (Who would deadlift in the Smith machine? Try Googling "Chris Cormier Smith machine deadlift" and take a look at how shocked some people are on the message boards. It is mind-blowing.)

You can build a world-class back relying on Smith machine deadlifts as a staple because muscles only know tension. Cormier built his back by subjecting those muscles to very high levels of tension using whatever tools

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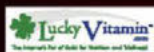
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SLEEP YOUR WAY TO RIPPED



Testosterone production naturally declines as men age, but a new study seems to show that another symptom of aging might be the actual culprit. Researchers at the National University of Singapore found that lack of sleep—a natural consequence of aging for many men—drastically reduces the amount of testosterone that is produced. Scientists studied 531 exceedingly healthy men (meaning they had no other reasons for lagging testosterone levels) and discovered that one extra hour of sleep a night raised testosterone levels by 12 percent. If a supplement guaranteed a 12 percent increase in testosterone output, it would fly off the shelves. This is just one more piece of evidence why sleep is such an important piece in the burn-fat/build-muscle puzzle. Adequate sleep has already been shown to lower body fat levels, boost mood, and improve memory.

FAILURE FOR SUCCESS

A quick flirtation with failure before your main sets can unlock some hidden potential for muscle growth. A brand-new study, published in the *European Journal of Applied Physiology* examined a group of men who performed a set of leg extensions to failure with 20 percent of their one-rep maximum. After this set they completed their regular program of three sets with 75 percent of their 1RM. After eight weeks, the group that did the pre-set to failure showed more muscle growth and greater strength gains than the group that only performed the work sets. Scientists hypothesize that the failure set forced the body to recruit more Type II muscle fibers, which have greater potential for growth.



THE MUSCLE VITAMIN

Vitamin D deficiency has almost reached epidemic status. This vitamin and hormone is created by the body but needs sunlight to manufacture it. Since more people are avoiding the sun and using sunblock, vitamin D levels are plummeting, which is bad news for body fat.

A study published in the journal *Nutrition* showed that people who have higher levels of vitamin D have more muscle and less fat on their frame. Researchers believe that muscle cells that get too little vitamin D break down muscle proteins faster. It's nearly impossible to get enough vitamin D from food. Even whole-food purists admit that supplementation is the way to go with this nutrient. You can ask your doctor for a simple blood test to determine your needs, but supplementing with 2,000 to 5,000 IU a day is generally considered safe.



DISCOVER THE 5 MOST COMMON FAT LOSS MISTAKES

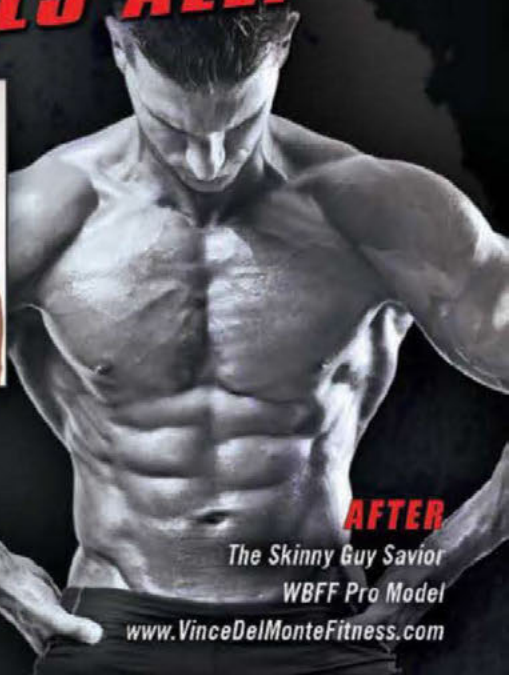
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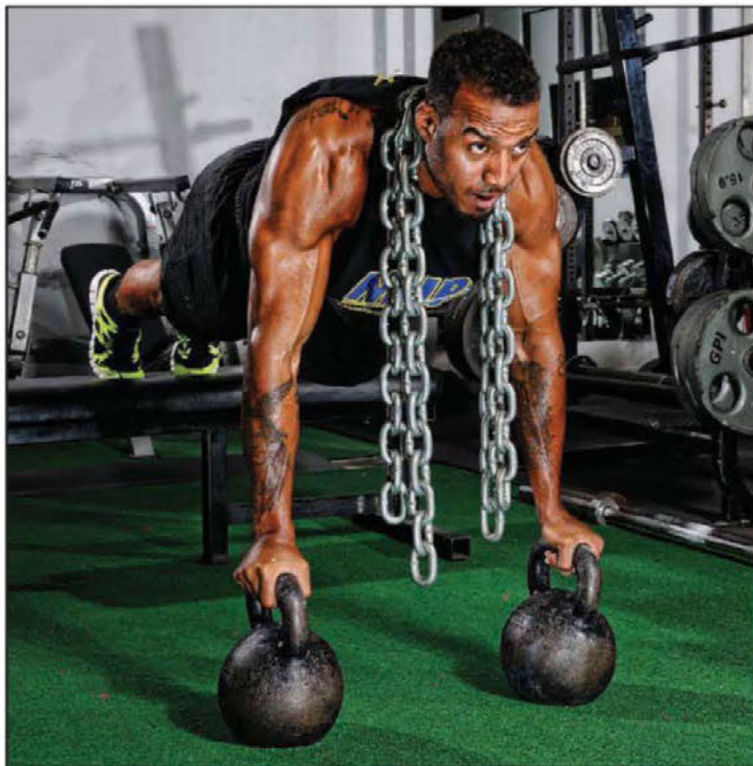
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○ The Exercise-Testosterone Connection

By Gabriel Wilson, Ph.D., CSCS

Are your high-intensity workouts messing up your muscle-building hormones?



Any guy knows that if you want to get stronger and more muscular, you need lots of exercise and optimal testosterone levels. But research shows that these two do not always go hand in hand. You may be surprised to learn that the extreme amounts of exercise can actually hinder testosterone levels, resulting in lackluster gains.

For instance, one case study on a natural pro bodybuilder training for a contest demonstrated a 75 percent decrease in testosterone due to his intense training program (calorie restriction doesn't help either). Moreover, it took the athlete nearly three months to fully restore testosterone to normal levels. More recently, a clinical trial at the University of Tampa showed that elite athletes training 10 times weekly for six weeks—including weightlifting, practices, and competitive games—significantly decreased testosterone and free testosterone, and the subjects even lost lean body mass. These findings have tremendous implications for high-intensity exercise enthusiasts and those who are dieting and doing high volumes of cardio to drop weight.

Testosterone Support

With the understanding of the importance of testosterone for muscle building, athletic prowess, and male performance, a mountain of research has examined how dietary supplements can help improve testosterone output in males. A number of natural ingredients have been identified that can safely boost testosterone levels. In particular, fenugreek, ZMA, and *Tribulus terrestris* are among the most common active ingredients in many testosterone boosters today and have multiple studies supporting their efficacy and safety.

The problem is, the majority of testosterone that gets released from the testes never even reaches muscle tissues. That's because a protein called sex hormone binding globulin (SHBG) circulates in your blood and binds to testosterone, rendering it useless. Elevated testosterone is only beneficial if it is circulating in the blood as bioactive free testosterone. Only free testosterone can enter your muscles and increase muscle growth. Therefore, it is advisable to also take ingredients that can decrease SHBG and support free testosterone. Among the most effective ingredients for this are *Avena sativa*, Tongkat ali extract, and stinging nettle leaf extract.

The aforementioned clinical trial performed at the University of Tampa tested this question. Athletes training 10 times weekly for six weeks were given either a placebo or a combination testosterone booster that had a precise blend of natural testosterone optimizing ingredients such as fenugreek, Tongkat ali, and stinging nettle leaf extract, among others. The placebo group in this study suffered from decreased testosterone and free testosterone, and even lost lean body mass during the six-week trial. However, the supplemented group experienced an increase of 32 percent in free testosterone and ended the study with more lean muscle mass than the placebo group.

These results suggest that certain supplements can help athletes maintain their intense training without decrements in testosterone. This information gives athletes more flexibility in their training program to train harder and longer, without worrying about sacrificing their testosterone, manhood, or hard-earned muscle mass. **IM**

BOMB DIGGITY

T-BOMB 3xtreme by MHP contains a proprietary Five-Phase Hormone Optimizing Blend that increases testosterone and free testosterone, while also attenuating both estrogen and DHT. T-BOMB 3xtreme also uses an exclusive 2nd Messenger Technology that helps “amplify” anabolic testosterone signal transduction in your muscles, making your muscle-building potential that much greater. Don't sabotage your muscle gains during heavy training as a result of suboptimal hormone levels. Instead, get the most out of your intense lifting and exercise program with MHP's Clinical Strength T-BOMB 3xtreme.



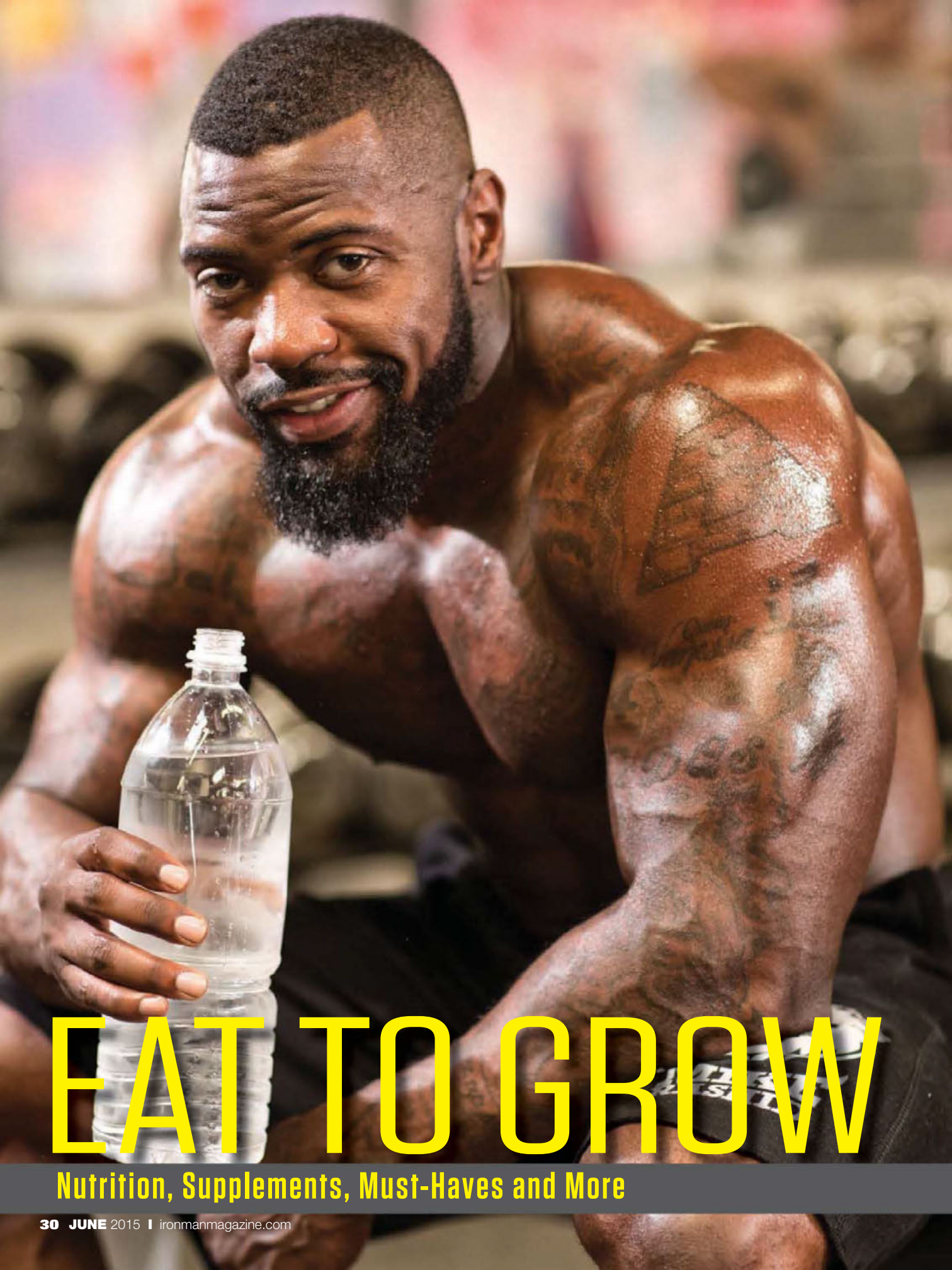
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EAT TO GROW

Nutrition, Supplements, Must-Haves and More

Three Things

By Fredrik Paulín

When it comes to building your body, water is the forgotten nutrient.

Many people think that protein is the most important nutrient for muscle mass and definition. If you are one of them, think again. Of course protein is important since it makes up around 20 percent of your muscles' weight and is responsible for anabolism. However, the major constituent of your muscles, responsible for approximately 75 percent of the tissue, is water. We often discuss fat, carbs, and alcohol, but water is the forgotten nutrient even if it is one of the most important. Read on and discover three essential ways water contributes to the quality of your workouts, what it does for your aesthetics, and how to optimize your intake of this vital but oft-forgotten muscle-building force.

Water Is the Basis for the Pump

We all know the feeling of the pump, when the muscles start to become tense and it quickly becomes more difficult to complete the next rep. What happens is that your glycogen, which is stored carbohydrates, is broken down in order to contribute energy. In the process, lactate and pyruvate are produced, and they tend to make the muscle cells bigger because they are osmotically active. The consequence is that water from your blood enters the muscles and makes them feel full and pumped. That is actually an anabolic signal, and a well-nourished muscle is a growing muscle since almost all nutrients have an osmotic effect to some extent. Another way to describe this process is that the pressure inside the muscle fiber increases and is an adaptation to that state of growth. The main anabolic mechanism of creatine, the most effective of all muscle-building supplements, is actually related to osmosis. Creatine can make your muscles gain up to five pounds after a loading phase, and all this weight is caused by water filling up the muscles. Other well-known osmolytes (substances that affect cell pressure) are betaine, taurine, glutamine, and glycine. Especially glutamine and taurine are the most abundant free amino acids in the muscle cell, and theoretically they also exert an anabolic effect.

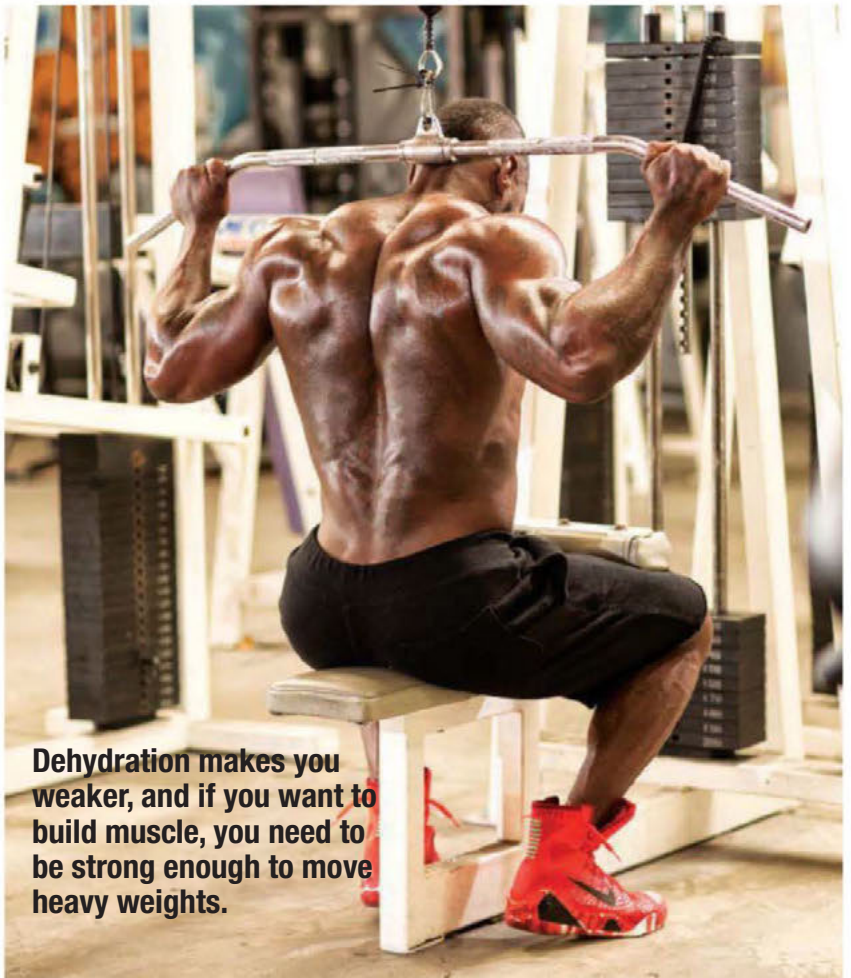
(Supplementing with a couple of grams of glutamine every day is also a good anabolic strategy since it also increases growth hormone levels.)

Water Fights Weakness

It is well established that endurance performance is negatively affected by dehydration. That is completely logical since endurance is dependent on the transport of oxygen from the lungs to the muscles and the transport of carbon dioxide from the muscles to the lungs. Too little water in your body will make the blood thick and viscous, and the transport of those vital gases will be limited. That's why a loss of water will dramatically decrease your performance when it comes to running, swimming, cycling, or any type of high-intensity interval training. We also know that aerobic performance is dependent on the supply of fat from the fat cells. If you are dehydrated, your body will size up the situation as critical since a slow-flowing blood

will make you more prone to blood clots, which can be lethal. Therefore the fat cells will decrease lipolysis, which is the process of releasing free fatty acids from the fat cells.

The result is slower fat burning and a decreased supply of energy to the muscles. No wonder this leads to an impaired performance. The question is: Does dehydration also lead to a reduced performance in the gym? Lifting weights is an anaerobic activity, and it should not be dependent on the supply of oxygen and fatty acids. The energy source is mainly glycogen (stored carbohydrates), and they are already present in the muscles. New research, however, shows that strength and anaerobic performance also are impaired by dehydration. The exact mechanism is unknown, but the consequences are undoubtedly clear: Dehydration makes you weaker, and if you want to build muscle, you need to be strong enough to move heavy weights.



Dehydration makes you weaker, and if you want to build muscle, you need to be strong enough to move heavy weights.



Water Helps You Get Ripped

As I just explained, the water content in your muscles affects the viscosity of the blood, and dehydration leads to impaired fat burning. That will not only lead to slower pace times around the track, but it also obstructs your path to a ripped body. The transport of fatty acids is crucial to both endurance and keeping a low percentage of body fat, so you need your blood to run

smoothly if you want to perform and look ripped. Water also has another amazing property when it comes to body fat. Drinking water actually increases your energy expenditure by approximately 20 calories per 16 ounces. It means that an extra quarter of a gallon (32 ounces) of cold water every day will increase your energy expenditure by around 40 calories. It may not sound like much, but since water is free from

calories, it will quickly add up over time. Drinking water is essentially effortless and could be the difference between razor-sharp muscle definition and a more average flat look. The reasons for this calorie-burning effect is primarily due to the heating of the water, which takes a lot of energy. It is also the handling of the water molecules that are going through your intestines, through your liver, into your blood stream, into the cells, out of the cells, through your kidneys, and finally excreted as urine. A glass of water before your meal will also give you a better sensation of satiety and make you eat a little less. In my experience, you can count on a 10 percent decrease of caloric consumption when you drink 10 ounces of water before a meal. The important question is: How much should you drink?

How Much Is Enough?

If you are one of those people who

If you want to ingest the optimal amount of water, you should aim for drinking at least 85 ounces a day, spread out evenly through the morning, afternoon, and evening.

Neveux/ Model: TJ Hoban

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Unsweetened iced tea and carbonated spring water are good alternatives to plain water.

think “more is better,” you have to change your approach when it comes to water. If you drink too much water, there is a risk that you will lose important minerals such as potassium and sodium. People have actually died from overconsuming water. This is almost never stated in mainstream media because the average person typically needs to drink more water and isn’t served by learning about the dangers of overdosing on H₂O. But the fitness community can be almost obsessive in their quest for a lean muscular body, and they may take their hydration too far. The fact is, too much



water will decrease the concentration of essential minerals to the extent that the heart will have problems contracting. Even if you don’t die from excessive water intake, you will have to visit the bathroom so frequently your co-workers will think you are incontinent.

If you want to ingest the optimal amount of water, you should aim for drinking at least 85 ounces a day, spread out evenly through the morning, afternoon, and evening. If it’s

hot and you sweat a lot, you should increase this amount substantially. Choose plain drinking water because many other drinks contain deleterious ingredients like sugar, corn syrup, artificial additives, and/or caffeine. Unsweetened iced tea and carbonated spring water are good alternatives to plain water if you find it hard to consume. You could also flavor your water with natural non-caloric additions such as cucumber, watermelon, lemon, or whatever you prefer to make it taste better. If you drink your water in conjunction with exercise and spread the intake evenly over the day, it’s usually easier to ingest all that you need. **IM**

Fredrik Paulún is a nutritionist based in Sweden. He holds a Master of Science in nutrition and specializes in improving body composition. He has been published in fitness magazines throughout Europe. For more info, check out paulunsfood.com.

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NATURAL & ARTIFICIAL FLAVORS

SHAKE IT OFF

By Amanda Burrill, MS

Quadruple Chocolate Protein Blast

June is the apex of beach-season training, and if you're shredding down to look good when you're nearly naked, it's a safe bet you're dying for something that tastes great. This shake works post-workout, before bedtime, or as an entire meal replacement if you double up on the protein powder. Or, if the urge hits, it works as a snack to curb that afternoon sweet tooth. After all, sometimes you just need some chocolate. This shake delivers a chocolate fix from four different sources and comes in under 300 calories. Not bad for something that tastes so good!

Ingredients

8 ounces unsweetened chocolate almond milk
1 scoop chocolate protein powder
¼ cup frozen blueberries
2 raw asparagus spears
2 tablespoons chocolate peanut butter powder (such as PB2)
1 tablespoon ground flax seeds
1 heaping teaspoon cacao nibs
5 ice cubes

Directions: Combine all ingredients in a blender. Start with the almond milk to avoid clumping. Blend until smooth.

Total: 277 calories, 24 g carbs, 32 g protein, 8 g fat, 6 g fiber

The Superfoods



Blueberries: Nature's reigning master of antioxidant is a strong source of vitamins A and C. Bonus: Peak season starts mid-May, so you can probably get them fresh. But in most instances, frozen is just as good if not better.

Asparagus: Don't worry, the flavor of this superfood melts away into the shake, leaving you with just the benefits of fiber; folate; and vitamins A, C, E, and K. Asparagus also has high levels of the amino acid asparagine, a natural diuretic. Increased urination helps rid the body of excess sodium.



Ground Flaxseed: A holy-grail superfood, flaxseed is hailed for three main reasons: 1) omega-3 fatty acids,



The least processed and most natural form of chocolate has a slightly nutty flavor.

proven to maintain a healthy heart; 2) lignans, with antioxidant qualities to aid in reducing cellular damage; and 3) fiber, both the soluble and insoluble types, to promote healthy movement through the digestive tract.

Cacao Nibs: The least processed and most natural form of chocolate has a slightly nutty flavor. In addition to adding that chocolaty-flavor effect, nibs contribute antioxidants, flavonoids, magnesium, and potassium to this shake. **IM**



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MILK DOES A BRAIN GOOD

Glutathione is a powerful antioxidant made by the body and an important part of your immune system and healthy defense. You can't supplement glutathione, but you can do a few things to boost your natural production. Taking whey protein, for one, is known to improve glutathione release, and a recent study shows that drinking milk is another. In a test conducted at the University of Kansas Medical Center, doctors scanned the brains of 60 participants to measure the levels of glutathione in their gray matter. The subjects who had consumed the most milk had higher levels of glutathione in their brains than those who had not drunk milk. This is important because glutathione fights oxidative stress, which is known to be associated with a number of conditions in the brain, including Alzheimer's disease and Parkinson's disease. The scientists who conducted the study pointed out that since oxidative stress builds up over time, milk could be especially important as we age. The protein and calcium can't hurt either.



VERSA GRIPPS PRO

PRODUCT SPOTLIGHT

When you're chasing that pump, the most frustrating thing in the world can be a problem with your grip. Enter Versa Gripps Pro, a patented self-supporting strap device that completely eliminates hand fatigue. Made of a high-quality non-slip material, Versa Gripps seamlessly takes the load off your delicate fingers and puts it on the big muscles of your back, shoulders, and biceps.

Lifting straps have been around for decades, but comparing those primitive devices to the Versa Gripps Pro is like examining the difference between a calculator watch and an iPhone. Versa Gripps' unique stand-up design allows you to wrap the strap around a bar with one hand, even for overhead moves such as pull-ups. The ergonomically designed hook and loop closure gives you complete control of the bar and allows for a fast and safe release of the weight. It also delivers wrist support and carpal tunnel protection, and can be used like gloves to protect your hands during pushing exercises. Versa Gripps, which are made in the USA, are built to the highest standards and are virtually indestructible. You'll bequeath your pair of Versa Gripps Pro to your children after you've gone.

Don't let a faltering grip get in the way of making you big and genuinely strong. Some of the best and strongest bodybuilders in the world—guys like Ronnie



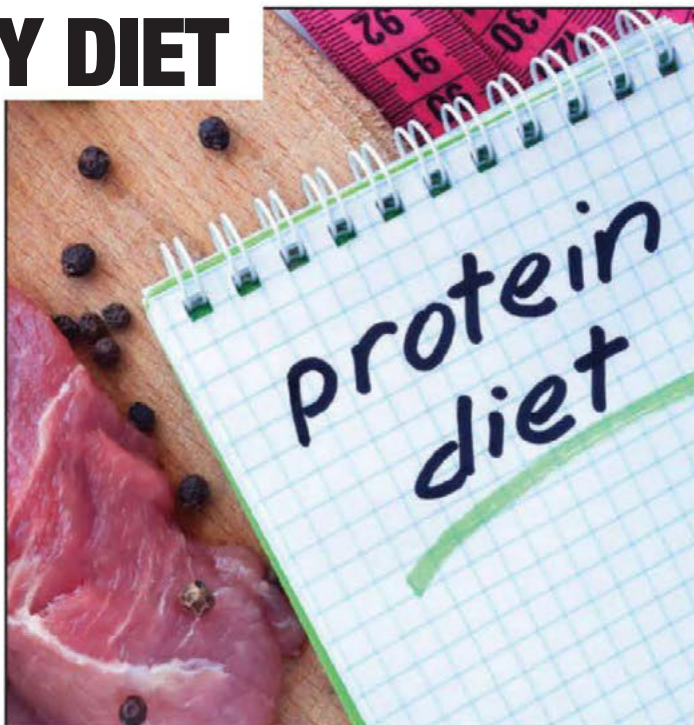
Coleman and Johnnie Jackson—built their bodies and developed their raw strength with the use of Versa Gripps. After all, your lats and hamstrings don't know that you have straps on your wrists, but they do know that you just deadlifted 405 pounds and they're going to grow bigger and stronger because of it.

For more info, check out versagripps.com.

PICK A DIET, ANY DIET

People seem to root for diets the way they root for sports teams. You'll never get someone on the Paleo Team to cheer for the Zone Team. And just like with crazed sports fans, it turns out that loyal adherence might be more important than the team itself, at least when it comes to weight loss.

A study published in *The Journal of the American Medical Association* examined the long-term effects of the Atkins Diet (low carbohydrate, high fat, high protein) versus the Zone Diet (40 percent carbs, 30 percent protein, 30 percent fat) on weight loss in overweight adults who had a body mass index of 25 or greater. Interestingly, significant weight loss was observed with any low-carbohydrate or low-fat diet. Also, the weight-loss differences between these distinct and different nutritional strategies were small. This study supports the idea that consistency is a major key to successful transformation and weight loss. Simply, adopt any nutrition program that you will be able to consistently adhere to across time, and, ultimately, you're very likely to achieve your weight-loss goals.



PESKY PESTICIDES



Fruits and vegetables are always good for you, right? Not when they are covered with poison, it turns out. Scientists from Harvard's Department of Nutrition recently completed a study that showed that consuming fruits and vegetables with high levels of pesticide residue is associated with lower sperm quantity and quality. Subjects who ate the most tainted produce had 49 percent lower sperm count and 32 percent fewer healthy sperm. Even if you aren't at a place in your life where you need to be worried about the quality of your swimmers, the profound damage these chemicals are causing to your health, right down to your DNA, is clear.

The best way to avoid pesticide-laced fruits and vegetables is to eat organic produce. Every year the watchdog organization Environmental Working Group releases a report of the fruit and vegetables that are the most contaminated, meaning they are best eaten only if they are organic. They include such physique favorite as apples, strawberries, spinach, bell peppers, kale, potatoes, cherry tomatoes, and hot peppers.

For the whole list and the foods that are okay to eat even if they aren't organic, check out ewg.org.

THE RETURN OF HMB



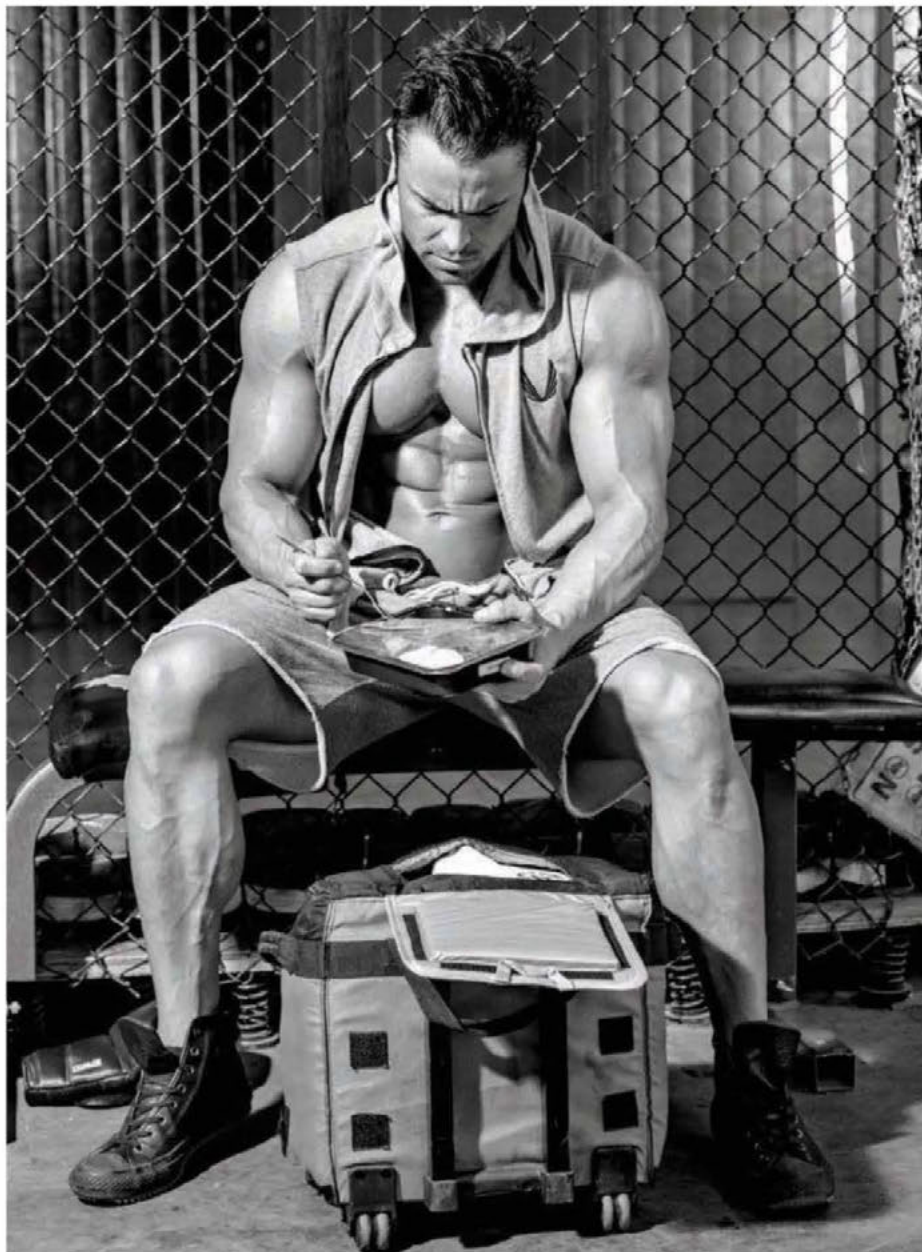
The supplement HMB—full name beta-hydroxy-beta-methylbutyrate—has come in and out of vogue more often than Ray-Bans. While it may not be a highlight-reel superstar like creatine, more and more research sheds light that it is an underappreciated workhorse on the supplement team.

A recent study, from scientists at the University of Central Florida, looked at 20 trained college-aged men. Ten of them took one gram of HMB 30 minutes before a workout while the other group took a placebo. After the workout, blood was drawn from both groups, and it turned out that the lifters who took HMB experienced significantly higher levels of growth hormone and insulin-like growth factor than those who did not take the supplement. It should be noted that the subjects in the study used HMB-FA, better known as HMB free acid, a gel form of the supplement.

○ On Legs and Eggs

by Jason Poston

If you catch yourself slipping, find your way back with the basics.



because your lack of self-confidence was oozing from your pores. You are about 50 percent of what you should be physically and even your mental state has taken a hit because of your physical malaise. Your job is even in jeopardy because your enthusiasm at work is that of a 14-year-old at a political rally about social security. Your confidence and charisma has the equivalency of a wet sack of dog doo. What happened?

The steady decline you may experience in so many areas of life is because you let one thing go many years ago: your health! Working out? You skipped one day of exercise, then two, then 303 days. Or maybe you just decided “squats aren’t good for you” and started skipping leg days. And the food that fuels your body to be the best it can be is once again about 50 percent of the quality it should be.

When you are playing from a deficit position, it can feel like nothing goes right. And when this happens, depression can set in, and the mental and physical setbacks you felt can actually turn into profound health issues. The good news is you can get that 50 percent back. It’s not as hard as it looks. Once you get a taste of that road back to your best self, it begins to get easier and easier. That’s because there is nothing stronger than an educated and health-conscious man who is functioning on all cyl-

inders both in the gym and in his profession. Emotions, confidence, decision-making skills, and sex drive are all popping and you feel alive! That’s what being an *Iron Man* reader and PostonStrong Gym Rat is all about. It’s about excelling in every avenue of life because you didn’t forget the manners mama taught you. You kill it in the gym, you kill it in the kitchen, you crush business goals, and at the end of the day you will know nobody outworked you. So where exactly do you start? It is very simple: Legs and eggs!

Per Bernal/Model: Jason Poston

HARDCORE

IS A MINDSET



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MALATE

4G L-LEUCINE

3G D-ASPARTIC
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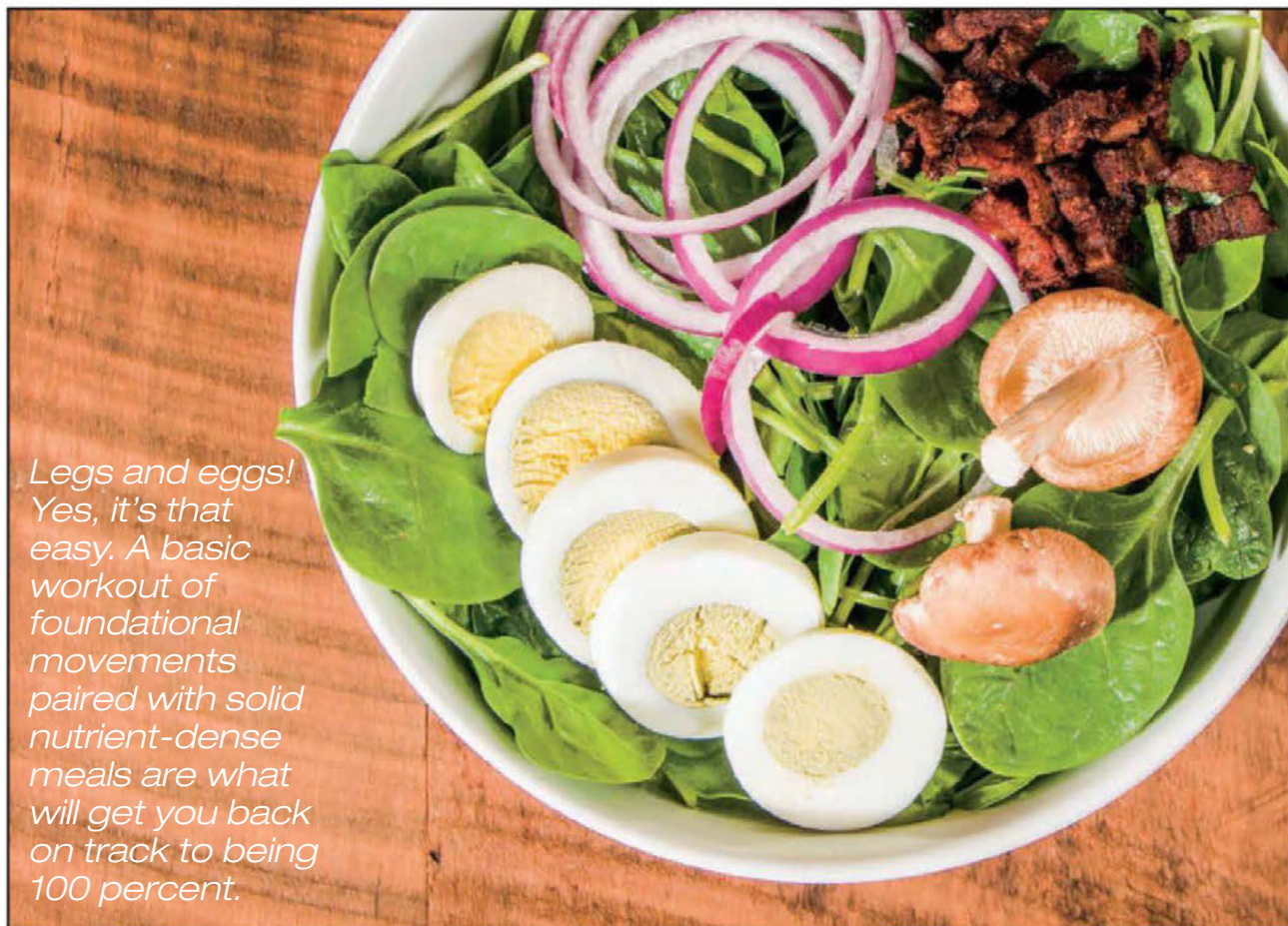
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*Legs and eggs!
Yes, it's that
easy. A basic
workout of
foundational
movements
paired with solid
nutrient-dense
meals are what
will get you back
on track to being
100 percent.*

Per Bernal

Yes, it's that easy. A basic workout of foundational movements paired with solid nutrient-dense meals are what will get you back on track to being 100 percent. Make this a consistent part of your life and it will pay off. Trust me on this—do this workout and eat this meal, and you will feel your confidence, energy, and emotions soar. **IM**

Leg Day: Mondays

Squat 4x6/5/4/3
Front Squat 3x15
Leg Press 3x25
Hack Squat 3x20
Walking Barbell Lunge 4x30-40
Romanian Deadlift 4x15
Reverse Hamstring Curl 3x8
Standing Calf Raise Machine 3x20
Seated Calf Raise 3x20
Stretch and Foam Roll

Leg Day: Fridays

Box Squat 4x8
Resistance Band Squat Jump 4x6
Single Leg Deadlift 3x10
Weighted Lunge Jump 4x16
Leg Extension 4x25
Resistance Band Side Lateral Jump 3x12 (postonfitbands.com)
Donkey Calf Raise 4x20
Stretch and Foam Roll

Breakfast

This go-to breakfast is perfect for a 200-pound gym rat who lifts in morning. I can happily eat this every day.

- 2 whole eggs, 4 egg whites (35-40 g protein)
- 2 cups of spinach in eggs
- MET-Rx Protein Pancakes (40 g carbs, 12 g protein)
- ½ tablespoon coconut oil over pancakes
- Coffee

Post-Workout Evening Meal

Who says eggs are only for breakfast? Not me. The protein and healthy fats in eggs are good anytime.

- 3 whole eggs, 4 egg whites, spinach (40-45 g protein)
- 2 pieces Paleo bread
- 1 tablespoon coconut butter



Jason Poston is an IFBB pro, MET-Rx athlete, and native Texan. Despite being diagnosed with type-1 diabetes in 2011, he has gone on to win several pro physique shows. He is a natural-born coach and trainer who is passionate about inspiring others to live their fittest life possible and work hard to chase their dreams. Follow him on Twitter: @JasonPoston

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Jeff Seid



CALI

PHOTO & CONCEPT BY PER BERNAL * STORY BY MIKE CARLSON

LOVE



WHOEVER SAID,

"Youth is wasted on the young" never met Jeff Seid. The just-turned-21-year-old Seid, the youngest athlete to ever win an IFBB pro card, has been blessed with good looks, 21st century social skills, and most importantly, the rare ability to recognize a moment and seize it with both hands. Nothing is being wasted here.

Born and raised in Seattle, Washington, Seid recently moved to Los Angeles to begin the next evolution of the Seid brand. Outgoing, good-looking, and unattached, Seid seems to be a perfect fit in the City of Angels. ("There are more hot girls than ugly girls in L.A.," he says.) In fact, there is something decidedly SoCal in the energy of Seid and his mission to spread the aesthetic lifestyle. It's easy to imagine Joe Weider—the man who packaged and marketed the sun and sand zeitgeist of Muscle Beach and the California fitness scene—getting excited about Seid's flowing Zane-esque lines and throwback ideas that fitness should be a celebration rather than an act of penance.

Seid hasn't been a tourist in his first few weeks in Los Angeles. After finding a place to live and getting the prerequisite membership to Gold's Gym in Venice, he went to work. The coming months will see the release of his e-book, a fitness app, new additions to his clothing line, and hopefully some appearances on television and feature films. Los Angeles is the city if you want to see your name in lights, and Seid is dead serious about his name.



SEID

Outgoing, good-looking, and unattached, Seid seems to be a perfect fit in the City of Angels. In fact, there is something decidedly SoCal in the energy of Seid and his mission to spread the aesthetic lifestyle.







"My name is my brand. I incorporate my name into my business in whatever I am doing," he says. "I think what my name brings to the table is that aesthetic lifestyle—having fun and a social life but still working hard in the gym."

Iron Man: Who is the crew with you on the cover?

Jeff Seid: Just buddies of mine. I hit them up and told them to come down and do an *Iron Man* cover shoot. We had a good time.

IM: You only have friends who are ripped, huh?

JS: [Laughs] Not exactly. The photographer wanted fit people, so I hit up some of my good friends. It was a young crowd of kids having fun at the beach. I really love the image. It's different for a fitness magazine, but it's kind of revolutionary in a way.

IM: How long have you lived in Southern California?

JS: I moved to L.A. two months ago from Seattle. I like it down here. I signed up for Gold's a couple weeks ago because it is frickin' Gold's, you know? It is awesome. The

first time I walked in, I could feel the atmosphere of the whole place. It felt like I was at home.

IM: Do you get recognized often at Gold's?

JS: Every time I walk in the first thing I do is take a pic with someone. It is crazy how quickly things have happened over the last couple of years. I'll be walking down the road and people will come up to me and want to take pictures. I have the best job in the world. I can't imagine life without it.

IM: Does the fame have a dark side? Does it ever get too intrusive?

JS: No, I haven't reached that part yet. I don't know if that's ever going to happen. I would never complain about taking pictures. The fans make me who I am. I'm always going to give back and talk to them. There have been moments when I'll be working out mid-set and someone comes up and tries to have a conversation with me. I'm like, "At least wait until I'm done with the set!" I'm always nice to talk to, though. If you don't like to talk to people, this is not the industry for you.

YOUNG AND FUN

The photographer wanted fit people, so I hit up some of my good friends. It was a young crowd of kids having fun at the beach.



Name: Jeff Seid
Age: 21
Lives: Culver City, CA
From: Seattle, WA
Profession: Model, spokesperson,
entrepreneur
Favorite post-workout meal: Steak and banana
Favorite cheat meal: Ice cream
Favorite movies: *Lord of the Rings* trilogy
Dream car: McLaren P1
Sponsors: gymshark.com; shape-you.com
Instagram: @jeff_seid
Website: jeffseid.com





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IM: When was the moment your career really turned that corner?

JS: Honestly, it was since the beginning. I did my first YouTube video a month or two before I graduated high school, and things picked up fairly quickly. A month after I graduated, I flew down to Miami and did some photo shoots. I think my groundbreaking moment was probably a photo shoot I did in a Spartan outfit. I put those online and things went crazy. That was June 2012. Then I started doing national shows for physique and my YouTube really took off.

IM: Do you get recognized more often in Los Angeles than you did in Seattle?

JS: I'd say I get more recognition in Los Angeles. But the most recognition I get is internationally. I'm a lot more popular in other countries. I was at FIBO [annual fitness trade show held in Cologne, Germany] in April and it was insane. I think Germany is one of my top three countries in terms of popularity. There was an ocean of people clawing at me.

The crazy thing is that the aesthetic guys, the people promoting the healthy aesthetic lifestyle like me, we had more





CRAZY

We had more people at our booth than top bodybuilders like Phil Heath or Ronnie Coleman. It was insane...

people at our booth than top bodybuilders like Phil Heath or Ronnie Coleman. It was insane how many more people were at our booths. We had a huge line the whole time, and they didn't even have a line. They were getting all pissed off at us.

IM: Do you think having a bigger fan base than bodybuilders is about your looks or your social media outreach? Ronnie Coleman retired three years before Instagram was even invented.

JS: I think it's a combination of looks and social media. I think the main thing is that the aesthetic lifestyle is so much more applicable to the general public. It's so much more attainable than bodybuilding. People look at us and we have fun, we're healthy, and we're functional. You can achieve what we have naturally. I am not badmouthing bodybuilders. I think Ronnie Coleman is a legend. But bodybuilding is a full-time sport. You have to dedicate your life to it—eating 10,000 calories a day and training four hours a day.

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Achieving a physique like mine allows you to go out, have fun, and have a social life. The aesthetic lifestyle is based on living life to the fullest while still dedicating yourself to transforming your physique into a masterpiece. When I document my life on YouTube, people can relate to me.

IM: You're like the first generation of a new breed of fitness celebrity. Who else do you see as part of that movement?

JS: It is a new breed in itself. I think Zyzz [Aziz Shavershian] started it all. Frank Zane was like the original pioneer of mainstream aesthetics. Also, guys like Jon Skywalker and Alon Gabbay promote it.

IM: When you pose, it seems like you're channeling Frank Zane.

JS: Yeah, Frank Zane was the pioneer. When he posed everything was on point. And the thing about his physique was that everything flowed. He wasn't big and blocky. If he walked down the street, people would stare because they admired it. But if a big 300-pound bodybuilder walks down the road, people stare not because they admire it, but because it's a freak show. That is why I have always liked aesthetics.

IM: Are you officially retired from competition?

JS: [Laughs nervously] I don't want to announce retirement yet. At the moment I don't have any plans to compete anymore. I'm doing acting classes here in Los Angeles. I want to break into the entertainment business, movies, commercials. There's a lot more money in that. Competing is cool, but it can feel like a never-ending cycle of bullshit.

IM: You placed 13th at last year's Mr. O. Was that a big disappointment?

JS: Yeah, that was disappointing, but I'm like the only guy onstage who does his own prep. I don't have a coach or a nutritionist. I'm the youngest guy onstage also. I could have done my prep better and done a few other things to bring in a better shape. I think being the youngest one there and not having a coach worked against me.

IM: You clearly have bigger aspirations than winning contests. Have physique competitions already served their purpose for you?

JS: I think men's physique is awesome, but I use competing to get my name out there. And after getting my pro card and winning a pro show, I feel like there's not that much more to do. There's winning the Olympia, of course, but if I wanted to win the Olympia, I feel like I would have to hop on a bunch of steroids, add a lot more size, and dedicate my life to it.

IM: Is there a disconnect between what the fans like and what the judges want to see?

JS: I'll be honest, I could put a lot more mass on when I step onstage. A lot of the guys winning the big shows have a lot more mass than me. That's another factor that works against me. My physique is on the level of the competitors, but I need more size to win.

I think in social media, what happens is there are kids who see me post my life and they want to aspire to live the same lifestyle. They don't care about size and mass. Also, I have gone to a couple auditions and they've all told me that if I want to make it big in acting I have to lose muscle. I tell them that muscle is what sets me apart. I can't imagine life without it. But I can always lose a little size and get leaner and I won't look as bulky.





L

I'm doing acting classes here in Los Angeles. I want to break into the entertainment business, movies, commercials.

IM: Do you enjoy acting?

JS: I love it. Back in Washington I used to do drama and theater. It's a passion of mine. I feel natural in front of the camera. It feels good. I want to learn the art behind it. I want to be a good actor. I don't want to be one-dimensional. It's like anything, you have to practice if you want to make it big.

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IM: You have a serious athletic background. Tell me about that.

JS: I did a bunch of sports: baseball, track, football, wrestling. When I was younger, my whole life revolved around sports. I was hoping sports would pay for my college, but my senior year I tore my ACL. I had a couple scholarship offers for football to play outside linebacker, but they didn't pan out. That was when I found out about the fitness industry. It opened up a whole world for me.

IM: Do many other men's physique competitors come from athletics?

JS: I don't think many of them do have a big athletic background. I've always believed that you need to be a functional athlete. It kills me when I see bodybuilders who can't touch their toes or can't run 100 meters without gassing out. What's the point in looking like a beast if you can't do anything? Even now, I run a couple miles every day and I do yoga in the morning.

IM: Do you think that athleticism comes across in your physique?

JS: I think you can tell. You can see it in bodybuilders who are all stiff and blocky and walking around like monsters. You can tell when someone is athletic by how they move and how they flow. Running shapes your legs, shapes your quads, and makes you look more athletic. It definitely helps with aesthetics.

IM: What other business endeavors do you have going on?

JS: I have a clothing company now called SeidWear. I've had it for about a year. It started out in Washington, and right now I have my dad and my sister helping me out with it. My whole thing is that my parents have supported me my whole life, and so I'm trying to give back and support them now. It's a big thing of mine. I want to retire my mom and dad from working.

IM: That is a pretty serious goal for a guy who just turned 21.

JS: My dad is the one who got me into weightlifting. We started weightlifting together when I was 12. He bought workout books and we learned together. He went to every single wrestling practice with me. Every weekend he and I would travel the state going to tournaments. He was always there by my side supporting me. If it weren't for his and my mom's support over the years, I wouldn't be where I am today. I couldn't have asked for better parents.

IM: What else is happening in the Seid empire?

JS: I have a new e-book coming out that is a guide to achieving aesthetics. It has a three-month workout and nutrition prepping techniques. I have a fitness app coming out called Fit Plan. I got my own supplement company, Seid Supplements. The clothing company is my biggest source of income, though. The supplements make pretty good money, but the clothing has helped me out the most.



IM: What are your social media numbers like?

JS: I think Facebook is like 2.2 million. Instagram is probably around 800,000. YouTube is like 500,000 subscribers. I don't really look at my numbers. I don't think of it as a numbers game. It's about how much you connect with your fans, about how genuine you are. Some people treat their social media like a business instead of a personal page, but when people start doing that it's not as genuine. I know people who have a whole team post for them, but I think that is too obvious. Fans would spot that immediately. And I like doing it—it's fun.

IM: You make life look easy, but is it busier than most people imagine?

JS: It's a full-time job. I wake up, go for a run, do some yoga, and then I do e-mails. After that I get to my social media posts. Usually I'll have a photo shoot. I'm lucky that I get to control my hours since I work for myself, but there's a lot going on. I love it, though. It's the best job in the world. It's every kid's dream come true. **IM**

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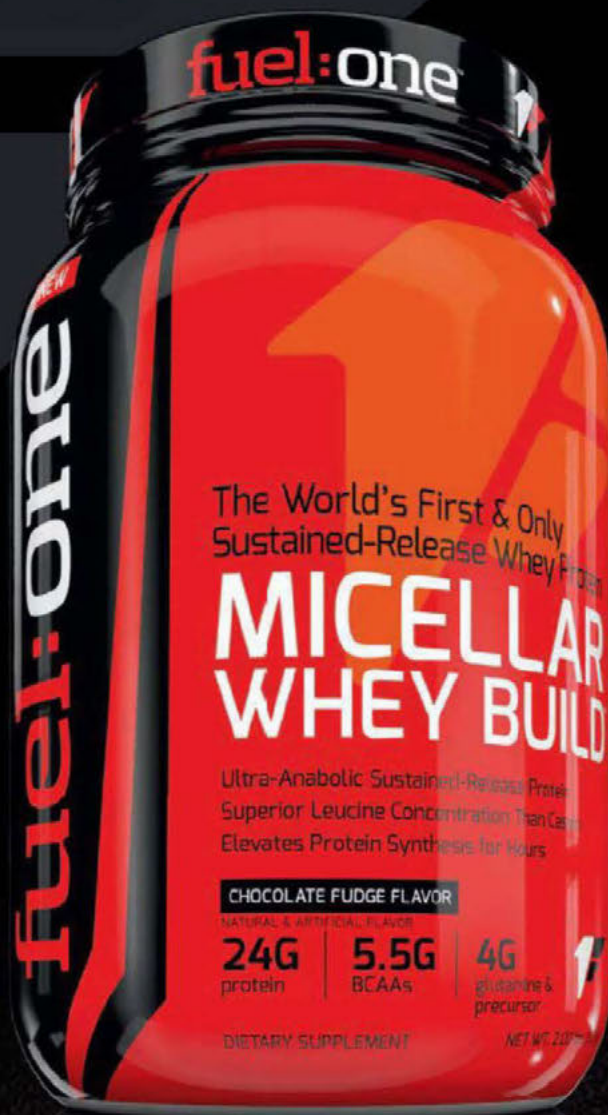
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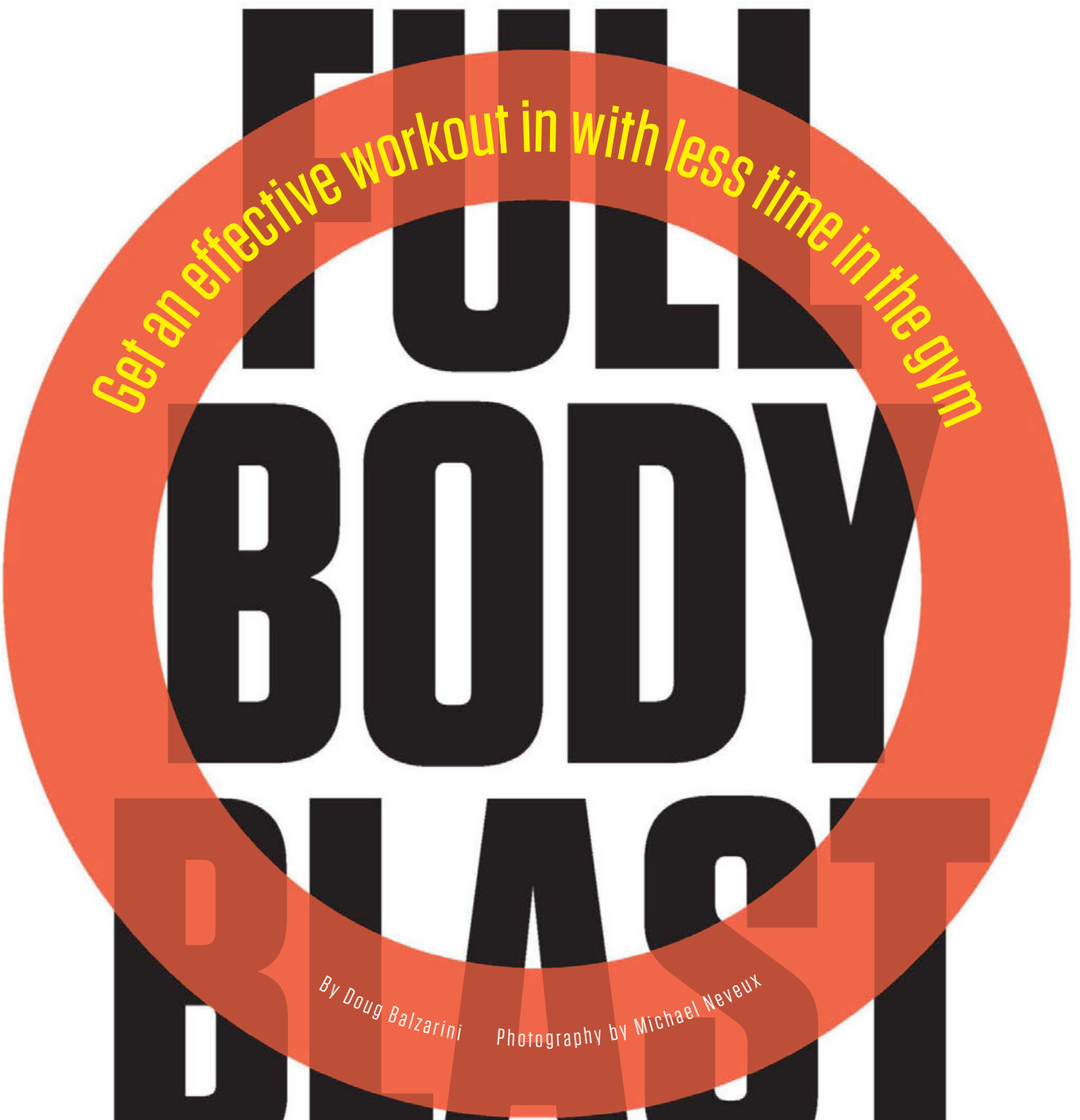


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Get an effective workout in with less time in the gym

FULL BODY BLAST

By Doug Balzarini Photography by Michael Neveux

Whether you are stuck on a plateau and can't make gains, or just looking to change things up in the weight room, a high-intensity circuit routine might be the solution to getting you back on track.

THE PHRASE “CIRCUIT TRAINING” HAS MOST OF US THINKING ABOUT OVERCROWDED GROUP EXERCISE ROOMS WITH PINK DUMBBELLS AND AEROBIC STEPS. HOWEVER, INCORPORATING THE PROPER COMPOUND EXERCISES INTO A CIRCUIT-TRAINING WORKOUT CAN YIELD STRENGTH GAINS, FAT LOSS, AND FULL-BODY RESULTS. THERE ARE A FEW PRIMARY PIECES TO THE “HIGH-INTENSITY CIRCUIT TRAINING” PUZZLE THAT MAKES THIS SUCH AN EFFECTIVE OPTION.

INTENSITY

Above all else, we must have sufficient intensity during this routine. There are rest times purposely incorporated throughout the workout (see page 62) so you know when to work and when to rest. Get off your cell phone and get ready to train.

EXERCISE SELECTION

This routine focuses on movements more so than muscles. We aren't really isolating muscles group here but rather including full-body lifts. Based on basic foundational “pillars,” this program includes pushing movements, pulling movements, level changes, and locomotion.

EXERCISE ORDER

Another important variable is the order in which we perform each movement. Looking at the two primary

circuits, we begin with our primary strength lift (the squat for group 1 and the press for group 2), and then follow that up with our explosive, or plyometric, movement (jump lunge for group 1, and burpee for group 2). We complete each circuit with an accessory full-body lift. Beginning a circuit with a strength-based lift and performing an explosive movement next is a great way to develop both strength and power at the same time.

Don't be fooled by the simplicity of this routine. Simple does not equal easy. Many times the no-frills approach is the most effective way to go. Perform this workout with proper intensity and purpose, and you are bound to get results.



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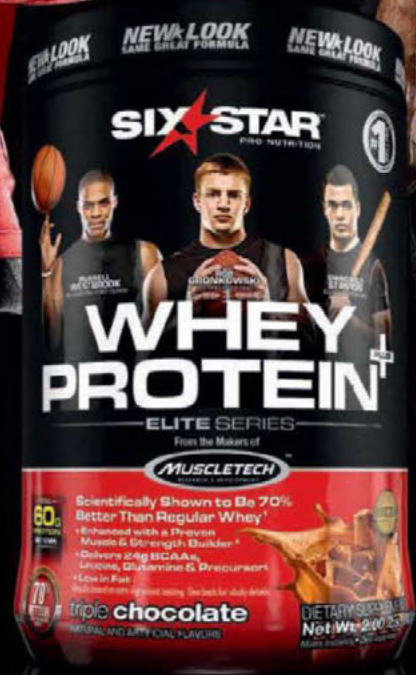
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The Workout

The routine that follows includes two circuits that are to be done for six to eight minutes each. Once you complete the circuits, you will finish with a series of sprint intervals on a treadmill. You can also use a rower machine, Airdyne bike, battling ropes, or any other conditioning tool. This routine will target the entire body while improving your strength and your cardiovascular system, all while promoting fat loss.

With a five- to 10-minute warm-up, a five-minute cooldown/stretch, and the timed rest breaks throughout the workout, the entire session should take 35 to 45 minutes. Be sure to count how many rounds you



complete in groups 1 and 2 so you can monitor your progress over time. Measurement equals motivation, so be sure to track your rounds, your weights used, and your speed on the treadmill each week.

Dynamic Warm-Up

The dynamic warm-up should be done to elevate your heart rate, prevent injury, and prepare your body for the workout. This can include foam rolling, specific mobility drills (focus on areas that are tight or restricted), activation movements (focus on the glutes and core), and basic exercises that increase the heart rate and prepare the body for the workout (jumping jacks, mountain climbers, jump rope, etc.). Follow every workout with some stretching that focuses on any areas that may need a little extra love.

GROUP 1* 6-8 MINUTES

1. Dumbbell Front Squat	8 reps
2. Alternating Jump Lunge	16 reps (8 per leg)
3. Dumbbell Renegade Row	8 reps (4 per arm)

GROUP 2* 6-8 MINUTES

1. Overhead Press (barbell or dumbbell)	8 reps
2. Burpee Pull-Up	8 reps
3. Ab Pike	15 reps

FINISHER

Treadmill Sprints 8 rounds of 20 seconds on, 40 seconds off
(Speed should be as fast as possible while maintaining proper form)

*Groups 1 and 2 are circuit routines, so you'll complete the first movement, move on to the second movement, and then the third. Once you complete all three movements, go back and complete the first movement to begin set number 2. Complete as many rounds as possible in six to eight minutes (depending on your time availability). Rest for three to four minutes between group 1 and group 2. Rest for three to four minutes between group 2 and the finisher.

Exercises

GROUP 1

DUMBBELL FRONT SQUAT

Hold two dumbbells or kettlebells in the "rack position" (chest height under the chin). Take a slightly wider-than-shoulder-width foot position with your toes pointed out a bit. Upon descent, keep your chest up, abs braced, and push your butt back as you think about "opening your knees." Keep your head in a neutral position (eyes looking forward) throughout the movement. Squat down as low as you can without creating excessive lumbar flexion, then return to the starting position by driving your hips through into extension and standing up tall. Keep the weights tight to the body while performing the exercise.



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ALTERNATING JUMP LUNGE →

Begin by standing in a split squat or lunge position. Keeping a “tall” torso, bend your knees and lower your body toward the floor. Next, explode up into the air by jumping straight up with your legs and driving with your arms as well. While in the air, alternate the legs so you land with the other leg now in the front position. Be sure to land on the balls of the feet and under control. Continue this alternating-leg jump pattern for the number of reps listed.

DUMBBELL RENEGADE ROW ↓

Begin in a push-up position with each hand gripping a dumbbell. From this high-plank position, pull one dumbbell up to your side by driving your elbow up, return it to the floor, and then repeat the rowing movement with the other arm. Continue to alternate sides for the required reps. Focus on keeping the core braced, and try to minimize hiking your hips or shifting them excessively from side to side.



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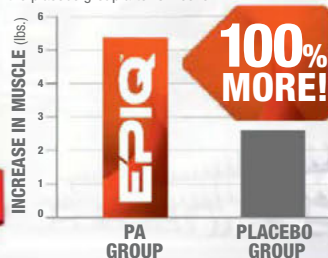
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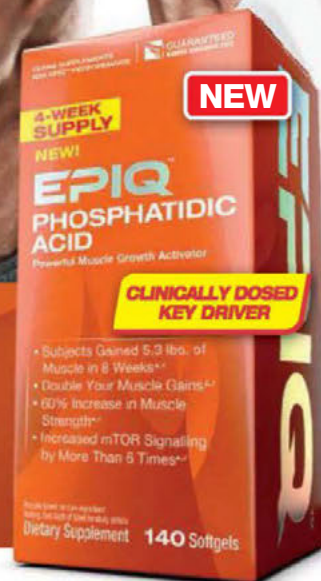
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Exercises

GROUP 2

OVERHEAD PRESS →

Begin by grabbing the bar (or dumbbells) with a slightly wider-than-shoulder-width position. Un-rack the bar and rest it on your front delts. Stand in a shoulder-width stance with your toes straight ahead. While keeping your head straight, pack your neck (lean your head back slightly to allow a straight-bar path), engage your core, squeeze your glutes, and press the weight straight overhead. At the top of the movement, your arms should be almost straight and your entire body tight. To return to the starting position, slowly lower the load back to the shoulders in that same straight path.

BURPEE PULL-UP ↓

Begin by putting both hands on the ground and kicking your feet out behind you to get into a push-up position. Perform one push-up (keep a neutral spine throughout the push-up) and then hop your feet up toward your hands. From this position, stand up and jump while extending your arms overhead. Grab the bar and perform one full pull-up by getting your chin over the bar. Lower yourself back down under control, then release the bar and go right back into another burpee.



AB PIKE ↓

With your feet on a towel (exercise sliders or five-pound plates are options on smooth flooring, like wood or concrete), get in a push-up position with your torso braced and your spine neutral. Initiate the movement by driving

your hips (butt) up toward the ceiling without bending your knees. Return back to the starting push-up position and repeat the hip-lift movement for 15 reps. Be sure to keep your legs straight the entire time.



FINISHER

TREADMILL SPRINTS

When sprinting, be sure to keep a slight forward body lean and do not break at the hips. Drive off the balls of the feet, keep a neutral spine and your eyes fixed a couple feet in front of you. Make sure to pump your arms as well to incorporate your upper body. Work hard for 20 seconds, then grab the rails and hop off and place your feet on the sides of the treadmill. Rest for 40 seconds and then begin the next round. The treadmill will continue to run while you rest. When beginning your subsequent sets, complete the first two or three strides with your hands still holding on to the side rails to ensure adequate balance.



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SUPER BI'S & TRI'S



THIS FAST AND CONVENIENT WORKOUT WILL
GIVE YOU BIGGER ARMS IN RECORD TIME

By Roger Lockridge

Photography by Michael Neveux





WHAT'S MORE MOTIVATING THAN ARM DAY?

BIG ARMS HAVE INSPIRED PEOPLE TO GET IN WEIGHT ROOMS FOR GENERATIONS. WHO ELSE REMEMBERS HULK HOGAN PUMPING UP THOSE 24-INCH PYTHONS, BROTHER? ARNOLD SCHWARZENEGGER HAS INSPIRED MILLIONS OF PEOPLE WITH HIS CLASSIC BICEP SHOTS, BUT EVEN HE WAS INSPIRED BY THE ARMS OF STEVE REEVES AND REG PARK.

Thinking about those guys and their guns are enough to make you want to train—but don't put this down yet, because we've got some awesome supersets here that will help you take your guns from pea shooters to cannons. Supersets are two exercises performed back-to-back without rest. The result is more blood being sent to the area being trained, so the pumps are bigger and the fascia is stretched allowing the muscle fibers room to rebuild and grow after the training is over. With the supersets that follow, you'll alternate which muscle group you start with, giving both the biceps and triceps equal treatment so one doesn't grow and the other is neglected. All of these supersets will call for three rounds of 10 to 12 reps each with one-minute rest between each superset.

The other key to these supersets is they are all performed within close proximity of each other, so you don't have to worry about someone else using your equipment or taking a station while you're performing another exercise. This decreases transition time, which increases the intensity of the workout.

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James Hurst

Age: 28

Lives: San Jose, CA

Profession: Personal trainer and fitness coach

Likes: Movies, interesting food spots, and lifting heavy things

Dislikes: No turn signals, traffic, and cold weather

Drives: Toyota Tacoma

Wants to drive: A submarine

Listens to: Hip-hop and rap

Favorite diet food: Ground bison

Favorite cheat food: Burgers

Favorite vacation spot: Cabo

Gym or cardio? Gym

Chicken or steak? Steak

 @obeythebolt



1A

1B

SUPERSET 1

1A SEATED OVERHEAD CAMBERED BAR EXTENSION

Sit on a preacher bench backward so you rest your back against the pad as if you're sitting in a chair. Take a cambered bar and hold it with an overhand grip with your hands four to six inches apart. Press the bar so it's at arms' length over your head. Keeping your upper arms as straight as possible, bend at the elbows and lower the bar as far as you can behind your head to stretch the triceps. Activate your triceps and press the weight back to the starting position. Squeeze the triceps at the very top of the rep.

1B CAMBERED BAR PREACHER CURL

Sit at a preacher bench with your upper arms pressed against the preacher bench with your elbows straight and a cambered bar in your hands with a comfortable underhand grip. Generating force from your biceps, curl the weight up as far as you can. Squeeze the biceps and lower the weight back down to the starting position. Keep your upper arms braced against the bench and your butt on the seat throughout the movement. Repeat for the recommended number of reps.



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2A

SUPERSET 2

2A SEATED DUMBBELL CURL

Sit on the end of a bench with a dumbbell in each hand and your arms hanging down to your sides. Keeping your upper arm pinned to your side, curl one dumbbell up as high as you can and squeeze your biceps. For extra emphasis, turn the dumbbell so your pinky is higher than your thumb. Slowly return the dumbbell to the starting position and curl the other dumbbell the same way. Repeat with each arm for the recommended number of reps.

2B TATE PRESS

Lie flat on a bench and press a pair of dumbbells straight up at arms' length. Hold the weights so your palms are facing away from you. Bend at the elbows and lower each dumbbell to your chest until they touch your pecs. Using force from your triceps, perform the opposite motion to return the weights to the starting position. Squeeze the triceps when you press the weights back up. Repeat for the recommended number of reps.



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SUPERSET 3

3A DUMBBELL KICKBACKS

Hold a dumbbell at arms' length at your side. Bend at your waist so your body is at a 90-degree angle. Support your non-working arm with your knee. Bring the upper arm of the working side up so it is parallel to your torso and hold it tight to your side. This is your starting position. Straighten your arm and press the dumbbell like you're trying to hit the wall behind you. Once your arm is straight, squeeze your triceps. Perform the opposite movement to return the weight to the starting position. Repeat for the recommended number of reps and for both sides.

3B HAMMER CURL

Stand straight and hold a pair of dumbbells at your sides at arms' length. Your palms should be facing each other throughout this entire exercise. Bend at the elbows while keeping your upper arms tight to your sides and curl the weights up as high as you can. Squeeze the biceps while doing this. Slowly lower the weights back to your sides and return to the starting position. Repeat for the recommended number of reps.





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SUPERSET 4

4A LYING STRAIGHT HANDLE CABLE CURL

Attach a straight bar to a low cable pulley. Lie flat on the floor so your feet are on either side of the cable pulley. Sit up and grab the handle with an underhand grip, lie back on the floor, and hold the handle at arms' length. This is your starting position. Lying on the floor will make it less likely for you to cheat during the exercise. While remaining flat on the floor, curl the weight up until the handle is at your chest. Squeeze your biceps while doing this. Straighten your arms and return the handle to the starting position. Repeat for the recommended number of reps.



4B KNEELING ROPE PRESSDOWN

Attach a rope to a high cable pulley. Grab both sides of the rope with your palms facing each other. Bring your upper arms in tight to your sides. Now get down on your knees while holding on to the rope and keeping your upper arms pinned to your sides. This is the starting position. Being on your knees makes it harder for you to cheat during the exercise. Using your triceps, press the rope straight down to the floor while keeping your upper arms stationary. Once you press the rope down, separate the ends of the rope to place extra emphasis on your triceps. Slowly release pressure and bend your elbows so you can return to the starting position. Repeat for the recommended number of reps.

THE SUPER ARMS SUPERSET PLAN

Exercise	Sets	Reps
1A: Seated Overhead Cambered Bar Extension	3	10
1B: Cambered Bar Preacher Curl	3	12
2A: Seated Dumbbell Curl	3	12
2B: Tate Press	3	10
3A: Dumbbell Kickbacks	3	10
3B: Hammer Curl	3	12
4A: Lying Straight Handle Cable Curl	3	12
4B: Kneeling Rope Pressdown	3	12



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FACE

SPLITTING YOUR WORKOUT INTO OPPOSING MUSCLE



OFF

GROUPS CAN BE THE KEY TO NEW GROWTH.

By Mike Carlson
Photographs by Michael Neveux

ARNOLD

Schwarzenegger did a lot of things right in his journey to become the most celebrated bodybuilder of all time. Not only did he have fantastic genetics and a world-class work ethic, but his programming was varied and intense, and included a lot of volume. One way Arnold was able to perform so many quality sets in one workout was to utilize an antagonist/agonist strategy, alternately working opposing muscle groups in the same session.

Volume is a personal issue. Some respond to it, while others just get sore and frustrated from repping set after set. An antagonist/agonist program allows one muscle to rest while you hit the opposing fibers.

"When you hit a big push pattern, you are involving a lot of muscles. At the same time, when you go to

the antagonist, the pull movement, you are allowing those push muscles to rest. In Arnold's day, they would look at this antagonist/agonist training protocol as getting a lot of volume on your bench, and then you can go to a machine row and allow the chest to rest so you can keep your volume up but push at a

high intensity as well," says Brian Richardson, MS, CPL2, NASM-PES, the co-owner of Dynamic Fitness in Temecula, California.

This double whammy of volume and intensity is a major benefit, and the chief advantage over a more traditional back-and-biceps and chest-and-triceps split. The



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key is to utilize a superset-style strategy but with the longer rest periods of orthodox sets. Richardson recommends resting for 90 seconds or more before hitting the next set that will target the muscles on the opposite side of the body. This rest period will allow for nearly full replenishment of ATP stores.

"Science says if volume is high, the intensity must be low. But in this methodology we can allow one muscle group to rest adequately so you can hit high volume and high intensity," says Richardson, who trains several elite athletes such as UFC middleweight standout Sam Alvey.

An antagonist/agonist program will also help create balance in muscle groups, not just for aesthetics but also to preclude injuries and poor movement patterns. Performing an equal and opposite exercise with the posterior kinetic chain for every movement you do for the front will not only make you stronger, but it will circumvent that rounded-shouldered crab posture that comes with overusing pressing movements.

Since the body is not perfectly symmetrical front to back, Richardson suggests splitting the workouts four ways—Day 1: Horizontal push/pull. Day 2: Arms (biceps/triceps). Day 3: Vertical push/pull. Day 4: Legs. A horizontal push/pull is a movement in which your arms are in front of you and moving either away from your body or toward it. A vertical push/pull is when you are standing and the arms are moving either overhead or from the ground up.

Regularly changing up your workout program is a key to making gains and one of the first lessons we learn about bodybuilding. Richardson advises using this program for four to six weeks before making a switch, but no longer than eight weeks. As long as you use the proper amount of rest between sets and keep the intensity high, you can expect some significant results in hypertrophy.

"I use this with some clients right now as we get into summer," says Richardson. "It's a good workout to get your party pump on."

It worked for Arnold. **IM**

THE ANTAGONIST/AGONIST PROGRAM

Here is an example of a classic antagonist/agonist program. Created by Brian Richardson, MS, CPL2, NASM-PES of Dynamic Fitness in Temecula, California. It is laid out in a four-day schedule and designed with a rep scheme that is focused on hypertrophy. Before each workout, perform 10 minutes of cardio and/or dynamic movement to warm up the muscles. Then do five to eight minutes of self-myofascial release (foam rolling) on the body parts that will be targeted in the workout. During each session, rest for at least 60 to 90 seconds between sets, and up to three minutes if needed.

Day 1: Horizontal Push/Pull

Exercise	Sets	Reps
A1: Bent-Over T-Bar Row	5	12
A2: Incline Dumbbell Chest Press	5	10
B1: Seated Wide-Bar Cable Row	4	10
B2: Standing Pulley Flye	4	10
C1: Flat Bench Dumbbell Chest Press	4	10
C2: Low One-Arm Pulley Row	4	12



BENT-OVER T-BAR ROW

Place one end of an unloaded Olympic barbell in the corner of a room. Load the opposite end with weight. Place a V-grip handle under the bar, right before the sleeve of the loaded end of the barbell. Grasp the handle, and with a flat back, bend at the hips so your torso is at a 45-degree angle with the floor. Engage your lats and pull the bar as close to your sternum as you can. Squeeze and hold this position for a second before lowering the weight to the starting position. If your gym has a specific T-bar apparatus for this exercise, feel free to use it. You can also substitute a chest-supported T-bar row as well.

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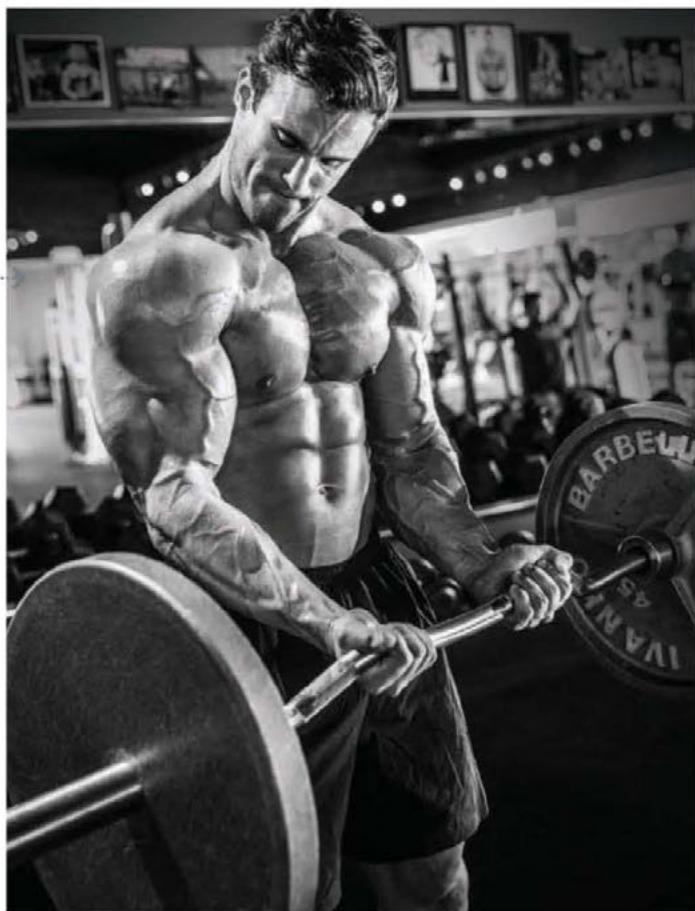
Lie on a flat bench with a dumbbell in each hand, sitting atop each thigh. Use your thighs to kick up the dumbbells so they are held at your shoulders and slightly outside the body. Retract your shoulder blades and think about moving



your scapula together and downward. Activate your chest muscles and slowly extend your arms toward the ceiling until your elbows are locked out and palms are facing away from you. Hold for a beat and then lower them with control.

STANDING EZ-BAR CURL

With your feet shoulder-width apart and a slight bend in the knees, let an EZ-bar hang to your waist, with your hands shoulder-width apart and using an underhand grip. Without letting your elbows flare out to the sides, curl the bar up as far as possible, then lower it under control to the start position.



Day 2: Biceps and Triceps

Exercise	Sets	Reps
A1: Standing EZ-Bar Curl	4	10
A2: Bar Dip	4	10
B1: Concentration Curl	4	12
B2: Lying Skullcrusher	4	8
C1: Seated Dumbbell Hammer Preacher Curl	5	12
C2: Rope Extension	5	10

(Train forearms on this day, if desired)

LYING SKULLCRUSHER

Lie back on a flat bench holding an EZ-bar over your face with your hands inside the width of your shoulders and arms extended. Bend your elbows to lower the bar down and slightly back to the crown of your head (for safety, don't lower the bar to your face). Touch down lightly, then extend your elbows to return to the arms-extended position.



SEATED MULTI-PLANAR SHOULDER PRESS

In a seated position, take a dumbbell in each hand and use your thighs to lift them to each shoulder. Your upper arms should be parallel to the floor with the elbows bent 90 degrees. Your wrist and forearm should be directly under the weight and your palms facing forward. Extend your elbows and press the weights overhead. As you come to the top of the motion, turn your palms in so they face each other. Bring your elbows together in front of your body so they are almost touching. Lower the weight in this position. At the bottom, spread the arms back out to the starting position and begin the next rep.



Day 3: Vertical Push/Pull

Exercise

	Sets	Reps
A1: Standing Kettlebell Shoulder Press	4	10
A2: Far-Grip Pull-Ups	4	failure
B1: Barbell Shrugs	5	12
B2: Unilateral Machine Pull-Down	5	12
C1: Seated Multi-Planar Shoulder Press	4	10
C2: Close-Grip Pull-Down (With V-Handle)	4	12



CLOSE-GRIP PULL-DOWN (WITH V-HANDLE)

Sit on a lat pull-down machine with a V-bar attached to the pulley. Adjust the knee pads of the machine so they press down on the top of your thighs. Grab the V-bar with your palms facing each other. Roll your shoulders back. Using your lats, pull the bar down to your sternum as you squeeze your shoulder blades. Hold the bottom position for a second, then slowly bring the handle back to the start.

Day 4: Legs

Exercise	Sets	Reps
A1: Hex Bar Squat (or Barbell Deadlift)	4	10
A2: Lateral Barbell Lunge	4	10
B1: Leg Extension (With Toe Options)	5	12
B2: Lying Hamstring Curl	5	12
FINISHER: Standing Calf Raise	4	12

LEG EXTENSION (WITH TOE OPTIONS)

Get into a leg extension machine and adjust the pad so it runs across the bottom of your shins. Slowly extend your legs until your knees are fully locked out. Return to the starting position, using a controlled motion. For the first 10 reps, point the toes outward. For the next 10 reps, keep the toes pointed at 12 o'clock. For the final 10 reps, point the toes inward at each other.



LYING HAMSTRING CURL

Using a prone or seated machine, set the pad so it rests across the backs of your ankles. Activate your hamstrings and bend your knees so you press against the pad. Bring your ankles as close to the backs of your thighs as possible. Make sure to keep from hyperextending your back during the rep. Slowly return until your legs are nearly straight. Wait for a beat and then begin the next rep.



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CAFFEINE RULES

Get the most out of your favorite pre-workout stimulant with these simple guidelines.

By Jenevieve Roper, PhD (ABD), CSCS

The page features a white background with several dark brown coffee beans scattered on the left side. There are also large, artistic splashes of brown liquid, resembling coffee, in the top right and bottom left corners.

Caffeine is probably the most common nutrition

supplement used. I mean, how many of us absolutely must have that morning pick-me-up? A survey conducted by the Department of Nutritional Sciences at Pennsylvania State University found that 85 percent of Americans consume at least one caffeinated beverage a day. There's nothing wrong with caffeine, and a whole lot that is right, but there is more to this popular drug (yes, it's technically a drug) than you may know. When using it as a sports supplement, there are a few rules to follow. So here are some dos and don'ts when caffeine is a part of your routine.

DO: When using caffeine to increase performance, it's best ingested 60 minutes prior to exercise. This includes strength and power athletes, in addition to endurance athletes. A dose of three to six milligrams per kilogram of bodyweight is ideal. So how much is that exactly? Well, the average cup of coffee has about 200 milligrams of caffeine in it. And let's say you weigh about 220 pounds (100 kilograms). Therefore, you're looking at consuming anywhere between

300 to 600 milligrams of caffeine prior to exercise, or 1.5 to three cups of coffee. That may be hard to take in prior to exercise, so this is where caffeine pills or a pre-workout formula can come in handy.

DON'T: Avoid overconsuming it! Unfortunately, too much caffeine will work against you. Yes, it's true that the more you take, the greater the ergogenic effect. But, unfortunately, as the doses go up, so does your risk of developing side effects such as

anxiety, restlessness, and headaches, which all may impair performance. Also, because it impacts the central nervous system, it could potentially impact your sleep. And when beast mode is on, sleep is vital. Besides, going above six milligrams per kilogram of caffeine per day does not always result in improved performance. So in this instance, less is more.

DO: Include caffeine in your plan when cutting calories. Everyone knows that it increases your metabolism, so why not use it to your advantage? Studies have shown anywhere between a six percent and 16 percent increase in metabolic rate, depending on how much caffeine you consume. Also, your metabolism will remain elevated for a few hours after you consume it, giving you the ability to scorch a few extra calories. When used post-exercise, you could potentially reap the benefits of EPOC (excess post-exercise oxygen con-



THE POWER OF COFFEE

Coffee is the most widely used source of caffeine, with about 70 percent of US caffeine intake coming from coffee. (You may even be drinking some as you read this.) It was once believed that coffee was a calcium parasite that could potentially lead to low bone mineral density and impaired muscle contractions. However, science has since put that to rest. Although it was suggested that caffeine enhanced calcium mobilization, it has been determined that a normal physiological dose does not necessarily use this mechanism of action. Score one for coffee.

Now you may have read about how coffee is turning out to be a superfood that should be included in every diet. Hold your horses while we sort through this. Yes, research has shown that coffee intake reduces your risk of numerous chronic diseases, including cancer. However, you have to consume an ungodly amount of coffee in order to reap the stated benefits. At minimum you need four cups of coffee (approximately 800 milligrams of caffeine) to get the most bang from your brew, with other studies indicating much more. Of course, everyone is different, so you may need more or less. But remember, when you start increasing caffeine consumption above six milligrams per kilogram of bodyweight, you're increasing your risk of side effects that can end up being detrimental to performance.

sumption, which elevates metabolism) and caffeine simultaneously, giving you that extra metabolic push.

DON'T: It's believed that you shouldn't ingest caffeine and creatine simultaneously. In fact, it's been shown that caffeinated beverages actually negate any benefits you may get from creatine supplementation. Although some studies have proven otherwise, it may not be worth the risk of wasting money. Therefore, you may not want to add caffeine to that creatine/protein breakfast shake. Split them up and avoid any potential letdown.

DO: Make sure you cycle caffeine like you would any other ergogenic aid. Unfortunately, this is where that morning cup of joe may

work against you. Our body is very clever and quickly adapts to outside influences. After a while, you become insensitive to caffeine, making it harder to benefit from its consumption. No one really knows the magic number of how long you need to wait before you cycle off it. But one thing is for sure, if you need to consume more and more caffeine just to get that same effect that you once did, it's probably best to leave it alone for about a week so you can start to reap those benefits anew.

DON'T: Avoid the fancy versions of coffee that are supposed to be the better, stronger versions and offer greater results. These custom creations are often fortified with caffeine and other ingredients (such as

green tea extract) that are said to improve weight loss, and mental and physical performance. Unfortunately, the research just doesn't support those claims. Sure, there may be a boost in metabolic rate, but nothing you can't get by simply drinking an extra cup of coffee. Save your money and leave the fancy stuff alone.

DO: If you are on a low-carb diet, you need to make friends with caffeine. We all know that when going low carb, post-exercise glycogen stores are going to be low, especially after high-intensity exercise. And if you're doing two-a-days in the final stage of contest prep, this is something that can massively affect your performance in your next

workout. But, luckily for you, caffeine may be your new superhero. Recently, it was shown that consuming caffeine and carbs improved glycogen synthesis rates significantly more than when consuming carbohydrates and protein together, or carbohydrates alone. In other words, caffeine helps partition the carbs you do eat into our muscles for fuel. It also has been shown to improve performance in subsequent bouts of high-intensity exercise.

DON'T: There is no need to rely on expensive energy drinks. Yes, we've heard that you can get wings from Red Bull, but at four dollars a can, is it really worth it? Also, most energy drinks

FIT FACT

Caffeine not only raises your metabolism, but it also increases lipolysis, turning you into a fat-incinerating machine.


are made up of "energy blends." This typically includes caffeine, taurine, and an insane amount of B vitamins (which are not hard to get from food.) These "blends" are thought to aid in improving performance. However, negative side effects have been reported when consuming more than one serving per day long-term, including elevated blood pressure and resting heart rate. And who needs all those sweeteners, artificial colors, and preservatives?

DO: Add some variety to your caffeine consumption. It doesn't always have to be coffee. Tea, especially black tea, is a good source of not only caffeine, but antioxidants. Cocoa is another good source of caffeine. And no, not your typical milk chocolate. It turns out, the darker the chocolate, the higher the caffeine content, and it's a great source of antioxidants as well. But since it's still high in saturated fat and sugar, unsweetened cocoa powder is what you should keep handy.

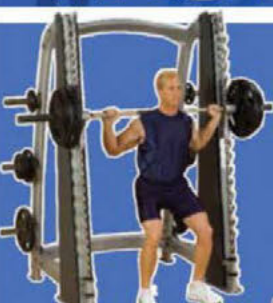



DON'T: If you're new to training, go slowly using caffeine as an ergogenic aid. Because of its mechanism of action, caffeine can actually interfere with the transmission of painful stimuli to the brain. This has been shown to result in diminished pain perception and reduced perceived exertion during exercise. While this may seem like a benefit, it could potentially be risky. Since it has hypoalgesic effects, you may not realize when you're injured or how badly you may be injured. At the very least, you might end up with an epic case of delayed onset muscle soreness. Have a plan before you hit the gym and stick to it. Just because you feel invincible doesn't mean that you are. **IM**







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Iron Man: You just visited Los Angeles. How did you like it?

Caroline Aspenskog: Wonderful. I love America and I want to move there someday. I stayed in Santa Monica and trained at Gold's Gym, Venice. I love the weather there and the food, but most of all I love all the positive people. It's really a big difference from Sweden.

IM: How was it to be photographed for *Iron Man Magazine*?

CA: It was a big thing for me to work with a professional photographer and a great makeup artist! They took really good care of me, and I felt at home. I'd do it again in a heartbeat.

IM: What made you to start competing in bikini fitness?

CA: I saw a picture of Nathalia Melo and decided from that day I would change my body to the picture of the dream body I had in my mind. I used to dance salsa and I love training, so this was a perfect way to combine those two. Hard training with a nice body and some salsa moves.

IM: Why bikini and not figure?

CA: Bikini is more appealing to me and it feels more natural for me. I also like the look of a bikini physique—curvy and feminine.





IM: How was it to compete at the Arnold Classic in Columbus?

CA: One experience richer, but of course it would have been more fun if my placing would have been higher.

IM: How did you eat and train for the competition?

CA: My diet consisted of low-fat, low-carb food with a high intake of protein. I did cardio twice a day and gym once a day with weights.

IM: What does your daily diet look like?

CA: Before morning cardio: One scoop of BCAA and Tartarus Fatburner from BMR Sports Nutrition. I do morning cardio every day for 45 minutes.

BREAKFAST: Half cup of oats, five egg whites, half an apple, half a banana, one Saluplex multivitamin cap, and omega-3 from BMR.

SNACK: Half cup of kidney beans, baby spinach, tomato, cucumber, and three ounces of chicken.

LUNCH: Half cup of kidney beans, half cup of whole-grain rice, three ounces of chicken, and baby spinach.

SNACK: Half cup of whole-grain rice and three ounces of chicken or lean beef.

PRE-WORKOUT: One scoop of BCAA from BMR, CLA, and KetoZ from BMR.

POST-WORKOUT: One scoop of BCAA and one scoop of Protelux protein powder.

DINNER: One sweet potato and three ounces of lean beef.

LAST MEAL OF THE DAY: One scoop of Protelux casein.

IM: How was your diet after the competition?

CA: This time I'm trying to be very good in the off-season, so I eat the same food I had in my pre-contest diet but bigger helpings of course. I also add things like fruits and berries, and I don't push myself too hard. If I want to eat something good, I do it so long as I hold a good off-season shape. My main goal is to be around 120 pounds in the off-season. I compete at 112 pounds.

IM: What inspires you?

CA: I get inspired when I see someone that has a passion for something and does it to 100 percent!



IM: What's your biggest success in life?

CA: My biggest success is that I have turned the thing I love in life—training—to my full-time job. I love that I can help people and do what I love and get paid for it.

IM: What is your biggest setback in life? And how did you move forward?

CA: My biggest setback in life was when my dad died at 49 years old; I was only 19. But I recall our last conversation we had. He told me, "Caroline, you should compete in fitness or model in fitness." This was the last thing he told me before he died. My dad was a true gym rat, and he taught me to work hard and believe in myself. Everything he told me, I have done. That's something I am very proud of, and I know he is too.

IM: What advice would you give to others?

CA: Work hard. Nothing in life comes free. And like Arnold says, "Ignore the naysayers, believe in yourself, and always finish what you have started." The key to success is to finish what you have decided to start—only then will new doors open.



IM: What do you think about the future of fitness?

CA: I haven't been in the fitness industry so long, so I don't really know, but I think more people are starting to understand the importance of healthy living and to be fit is a status symbol today. So it will probably just get even bigger.

IM: Do you have any unique talents that few people know about you?

CA: Well, if I want something, I do whatever it takes to achieve it!

IM: What are three things on your to-do list?

CA: One, move to California; two, become a famous personal trainer; and three, live the American dream.

IM: Do you use any supplements—what and why?

CA: Yes, I use BMR Sports Nutrition. My favorite is BCAA, and I love the fat burners Tartarus and Ketoz. I also use Protelux protein powder, Saluplex multivitamin, Somatrix ZMA, CLA, and omega-3s from BMR.

IM: Why are plyometrics so important for bikini? Is it a must-do for bikini?

CA: Everybody works differently. Plyometrics are good for you to get strength and cardio at the same time. It works wonders if you want to tighten your glutes and legs. But I don't want to say it's a must-do for everyone! It works really well for me, and I enjoy the burn and the intensity.

IM: Can you tell us about your online coaching and personal training business? From what I've heard, you're pretty busy.

CA: I have done online coaching and training for about two years and have worked with all types of clients. I adapt everything to the specific individual's needs; that way they get the best results. Personal training is so much more than just training. The secret about good results is to be able to keep motivating people to push themselves. That's what sets apart a good personal trainer from a bad one! To put it plainly: Everything is about motivation and how to find it and keep it!

IM: What advice would you give to girls who plan on competing in bikini?

CA: Build a solid base, work hard, believe in yourself! Get a good coach from the start to help you get on your way to your goals!



IM: Your T-walk is always outstanding. Do you spend a lot of time practicing that before your competitions, or does it just come naturally for you?

CA: Of course I practice my posing a lot, but I also have dancing to thank for it, and I do love to put on a show! So my T-walk feels pretty easy and natural because it reflects my personality.

IM: What does your future look like when it comes to training, competitions, and your career?

CA: The goal for now is to have a great and stable off-season, then to compete this fall, and then the future will show me when it comes to my career! **IM**

TRAINING SPLIT

MONDAY	Legs/glutes/abs
TUESDAY	Back/shoulders/abs
WEDNESDAY	Cardio/running and stretching
THURSDAY	Shoulders/abs
FRIDAY	Legs/glutes/abs
SATURDAY	Cardio/running and stretching
SUNDAY	Rest day



**Caroline
Aspenskog**

Country: Sweden

Height: 5'2"

Weight: 120 pounds

Work: Personal
trainer and bikini
coach, motivator

Sponsor: BMR Sports
Nutrition

Favorite diet food:
Sweet potato

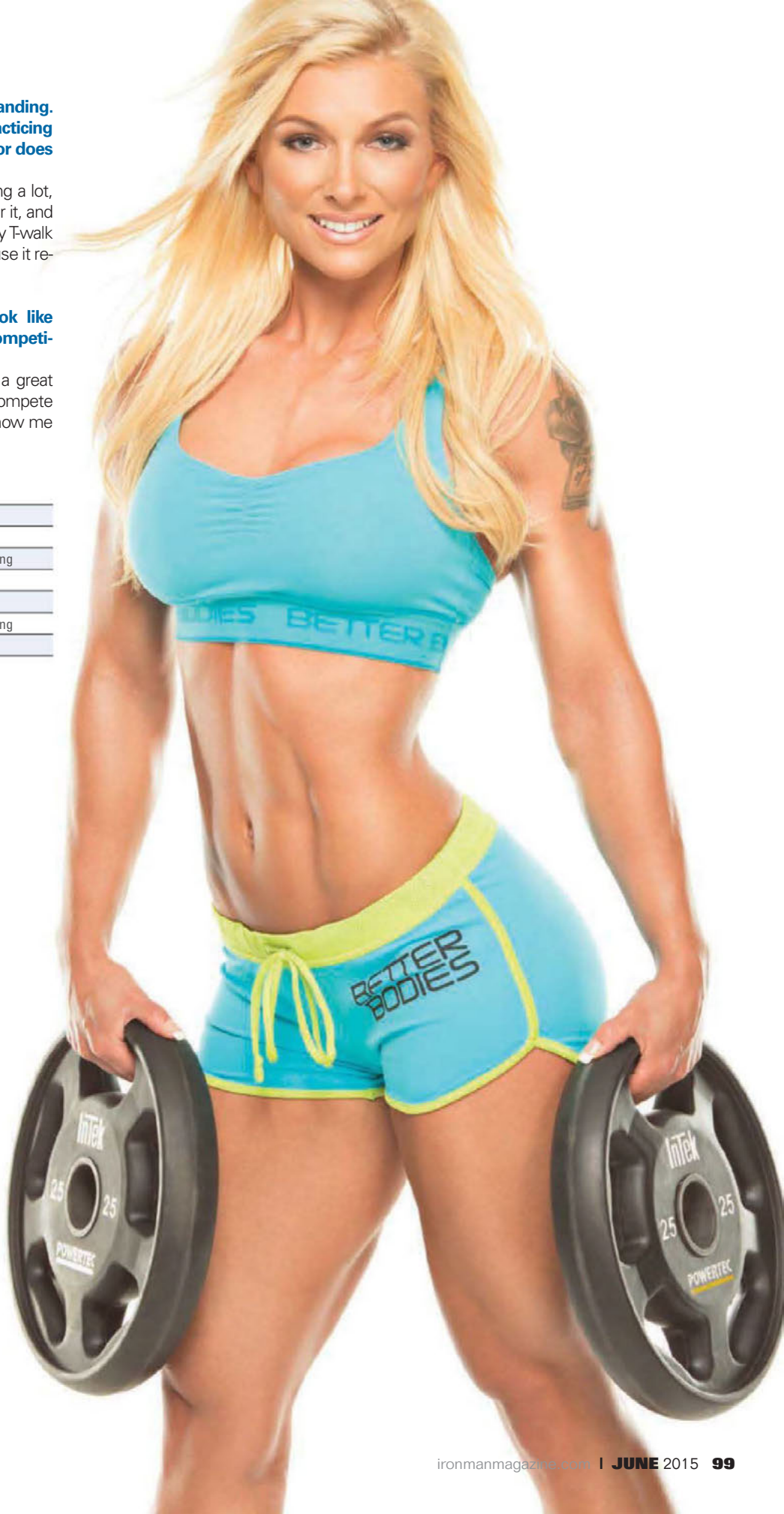
Favorite junk food:
Hamburger

Dream vacation:
Aruba

Motto: Nothing great
comes without a sacri-
fice. —Miranda Kerr



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How would you like a surge in upper-body power and a bigger bench press—say, 20 extra pounds on the bar—after only a couple of workouts? Sure, adding 20 pounds to your bench in two or three training sessions may sound crazy, especially if your bench press poundage has been stuck in neutral for a while. But nine times out of 10 this stall is due to an easily correctible muscle weakness—not in the pecs, delts or triceps but in a group of muscles known as the rotator cuff.

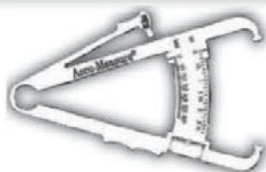
The rotator cuff muscles stabilize the shoulder joint. During the bench press and almost all other upper-body movements these muscles protect the shoulder joint and prevent ball-and-socket slippage. If these muscles are underdeveloped, they become the weak link in the action and your pressing strength suffers, or worse, you injure your shoulder. One of the best ways to strengthen this area and create an upper-body power surge is with direct rotator cuff exercise. Once you start using the ShoulderHorn for two or three sets twice a week, your pressing poundages will skyrocket. This device allows you to train your rotator cuff muscles in complete comfort and with precise strengthening action. After a few weeks you'll be amazed at your new benching power. There have been reports of 20-to-30-pound increases in a matter of days.

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○ Flip the Script

By Cornell Hunt, CSCS

How to use tires for maximum muscle and power development.



physique goals. Building muscle and shedding fat are usually the name of the game, and tire flips are guaranteed to produce both. Since the tire flip requires your total-body involvement to perform the movement, the demands it places on a body are great for conditioning.

It's important to stress that like many other exercises, tire flips are not meant for everyone. Before you even attempt to flip a tire, you should have a firm base of strength developed in a more conventional setting. Knowing how to perform a barbell squat and a deadlift correctly is crucial, but performing each lift with an adequate load is important for developing the strength needed for flipping tires correctly. Tire flips require sound understanding of placing your body in the right position, especially when it comes to your spine.

There are different styles of flips that should be used for different training protocols. If you're looking to add this unique movement to the mix of your current training but still

You only need to visit any modern gym to know that strongman training is making its way into mainstream fitness programs. The types of training and events that not long ago were seen on the televised World's Strongest Man competition are now being used to enhance performance and conditioning in everyone from elite MMA fighters to suburban moms doing outdoor boot camps.

The strength gains and the cardiovascular benefits associated with strongman training have been widely noted. As a result, many gyms now include a host of implements such as battle ropes, pushing/pulling sleds, and even Atlas stones. One of my favorites is the tractor tire. The most common use for tires is flipping them for predetermined amounts of repetitions or time.

Outside of athletic training, tire flips are actually a no-brainer for everyday fitness enthusiasts and people with

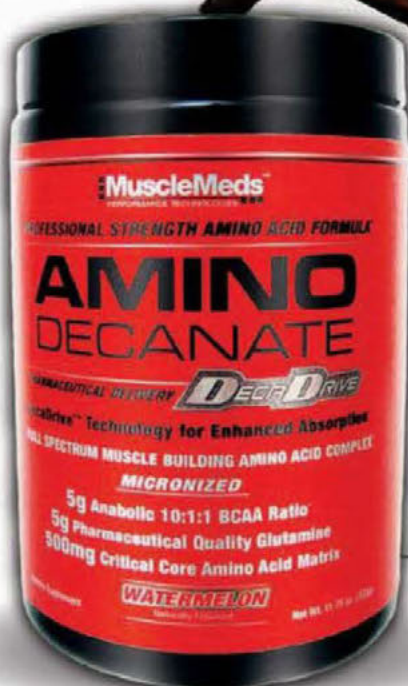
keep things safe and fun, then opt for a lighter tire. A lighter tire will be more forgiving if your technique falters. It will also allow you to increase the volume of flips you perform if doing a workout for either time or distance. The nature of your exercise and fitness level will determine the weight of your tire. For someone just looking to have fun and get a great total-body workout, I recommend choosing a tire between 150 and 300 pounds. Believe it or not, females can usually handle the lighter one, while males should be able to handle the heavier one.

Trainees with a solid strength base and experience in the weight room should use a bigger tire weighing between 300 and 500 pounds. In my gym, the heaviest tire we have is 650 pounds, but there are tires that can weigh over a 1,000 pounds. The heavier the tire gets, the more conducive it is for strength development and specific for anyone training for strongman competitions. If you are someone

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EXTREME TRAINING

who has no interest in competitions, I wouldn't attempt flipping anything over 700 pounds.

There is a critical form involved in lifting a tire correctly. A common technique involves placing your feet close to the tire, squatting down, and then using your legs and arms to flip the tire. This is usually done only with lighter tires. Some people are actually strong enough to squat down and basically curl the weight up, but this should definitely be avoided. In this position, you are more susceptible to starting off with a rounded spine, which is usually never a good position.

The technique I recommend is more commonly seen in experienced lifters. Stand about a foot back from the tire and then crouch down and take a firm grip with both hands under the edge. Lean your chest into the tire and keep your back flat and engaged. Explosively drive into the rubber and also up at an angle, extending through the ankles, knees, and hips. When the tire gets to about 45 degrees, jam one knee into it. This should also allow you to shift your hands into a pushing position to get the tire over. This process

can be done quickly or take a few seconds to complete, depending on fatigue and the weight of the tire. I've seen people spend close to 20 seconds attempting to flip a tire.

Dedicate no more than two days a week to flipping tires unless you're preparing for a strongman competition. Two days a week allows you to mix up speed on one day and strength on another day. You can attempt to flip a lighter tire for time one day and then a heavier one for reps on another. After you've practice flipping the tire, try one of my favorite high-intensity workouts:

Three to Four Sets of 60-Second Flips: If you're outside and have more space, you can flip the tire continuously down a path. If you're inside, flip the tire over and run to the other side to flip it back. Continue doing this for 60 seconds and then take a 60-second rest before repeating again. I suggest counting the number of flips it takes you to do the first round when you're fresh. Try to maintain the same number of flips you did the first set for all the sets.

Three to Four Sets of Two to Four Flips: This one should be done with a heavier tire. Focus on good technique and being explosive during each rep. I actually recommend doing this toward the beginning of your training session when you're well rested so you can focus on maximum intensity throughout each flip.

Three to Four Sets of 20-Yard Timed Flips:

This is a great workout if you have a partner and two tires of equal weight. Both of you should simply start flipping the tire for 20 yards and see who can finish first. You can do this by yourself and track your time. Every time you train, try to better your time from the last one.

Tire Circuit: One of the most exciting things to do with tires is combine them with other exercises or create a strongman complex. One circuit that we do at my gym is 90 seconds of all-out intensity, and it only demands two pieces of cheap equipment: a truck tire and sledgehammer.

Tire Flips: 30 seconds

Sledgehammers: 15 seconds striking each side of the tire

Tire Jumps: 30 seconds

Tires are a great piece of exercise equipment to add to your training arsenal. Tire flips target your entire body, including your posterior chain (lats, lower back, glutes, hamstrings, and calves), as well as your anterior chain (chest, abs, and quads). Your biceps, triceps, shoulders, forearms, and handgrip all get worked.

Lifting odd objects that weren't designed for a gym challenges your body and stimulates massive strength and muscle-mass gains. Remember to train hard, but train smart. **IM**

Cornell Hunt is a Certified Strength and Conditioning Specialist who trains athletes in Fairfield, New Jersey, and is the Xtreme Trainer for MHP. For more info, visit MHPstrong.com



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Unbreakable

Kris Dim Ignores the Odds in
Fight to Walk Again

Two weeks after hosting the Arnold Schwarzenegger Classic in Columbus, Ohio, I hopped on a plane aimed for Sacramento, California, to emcee the NPC/IFBB Governor's Cup. Between calling out the competitors during the open and masters figure divisions, I noticed a familiar face in the front row of the audience.

It was Kris Dim, the former IFBB and NPC stand-out who's been confined to a wheelchair for the past three years after suffering a spinal cord injury resulting from a 2012 operation—his fourth procedure since 2007, when he miraculously survived an aortic dissection. This same condition killed famed actor John Ritter in 2003. And, according to the 42-year-old Dim, it is fatal in over 95 percent of cases.

The Elk Grove, California-based Dim, who turned pro in 2003, eventually went on to finish fourth in the 2006 Iron Man Pro; his near-death episode came the following season. Miraculously, Dim returned to the stage three times in 2009 before officially hanging up the posing trunks. He ended his career in front of hometown fans with a fourth-place trophy at the Sacramento Pro.

In 2010, Dim went under the knife twice, the first time for a procedure dealing with the aorta arch and a second operation six months later to insert a stent at the bottom of the aorta. Dim admits he was warned by other doctors to avoid the stent; two years later it didn't hold up. "My blood flow was going around the stent and making its own pathway," Dim said. "The doctor had to remove the stent and replace the aorta on April 22. I remember waking up and the doctor telling me, 'We had an accident....' He told me there's a chance I will never be able to walk again because of a lack of blood flow during the operation."

"At first I thought it was a dream because I couldn't feel my legs, but now I can move my toes and pick up both knees. I am 100 percent sure I will walk again. Remember, in 2007 they gave me less than a five percent chance to live."

Dim has been undergoing rigorous rehab six times a week—three times a week at Sci-Fit Rehabilitation in Sacramento and three times a week on his own. And he's still training clients at the Fitness System facility in the same town.

"Most doctors say if you don't get it back within six months or so, you won't get it back," Dim said. "I refuse to believe that...every year I'm getting stronger, with more movement in my legs."

"Life has its obstacles...there's always going to be bad storms come our way, but there will also be sunny skies. You have to take the good with the bad and keep pushing with a smile."



Bill Comstock

Kris Dim



LT and Kris Dim



Kris Dim pushing through his spinal cord injury



James "Flex" Lewis

In addition to the outstanding field of competitors, the near-capacity crowd was treated to guest-posing appearances by James "Flex" Lewis, three-time Olympia 212 winner.

Check out this amazing battle against the odds at You Tube: Kris Dim, My Story.

Governor's Cup

Back to the Governor's Cup: Congrats to San Jose, California's James Hurst, who led the way in the IFBB Men's Physique lineup, besting last year's NPC Nationals overall champion Logan Franklin (2nd) and hometown buddy John Nguyen (3rd) in the process. Darnell Ferguson (4th) and Alex Carneiro (5th) rounded out the trophy winners.

In the IFBB Figure division, Maria Luisa Baeza Diaz, originally from Paraguay now living in Boston, Massachusetts, topped a field of 28 to cop the crown. Wendy Fortino finished right behind Diaz, with Julie Mayer in third, Sheila Forjuoh placing fourth and Tamara Sedlack landing in the fifth slot. Sedlack also won the masters division.

Jason Connor Wins Top Honors at NPC Natural Ohio

A year ago, Jason Connor finished second in the middleweight class at the NPC Natural Ohio. The 5'9", 167-pounder returned to the Lakewood Civic Auditorium this season figuring he could move up one slot and have a good shot at taking the overall trophy back home to Englewood, Ohio, to boot.

Connor figured correctly, as the 31-year-old, who is a residential adviser for the Department of Labor in Dayton, Ohio, dominated the bodybuilding division to set up an appointment with fellow NPC Team Universe competitors in July.

In men's physique, Lorne Talley, a 22-year-old out of Twinsburg, Ohio, was honored by the judges with the overall crown.

Northeast Pennsylvania's Joleen Keith, 31, a mother of two, made her contest debut and topped the women's physique division, while Kiah Douglas, a 23-year-old personal trainer from Toledo, Ohio, became the show's latest overall figure titlist.

In the bikini division, Riley James left the venue with an overall title; James is a 5'6", 125-pounder from Atlanta, Georgia, who works in software sales.

In addition to the outstanding field of competitors, the near-capacity crowd was treated to guest-posing appearances by James "Flex" Lewis, three-time Olympia 212 winner; and Dana Linn Bailey, the 2013 Olympia Women's Physique champion and runner-up in 2014. The popular duo also hosted a seminar following the pre-judging on Saturday afternoon.

Duo Balans Wows Fans with Athletic Skills

I got my first glimpse of Duo Balans when they performed at the 2014 NPC San Francisco Championships last October. The act was so impressive, in fact, I passed on my usual bathroom break to check out their performance.

Nikita Sukhanov and Steve Atlas (how's that for a fitting name?) make up Duo Balans (Russian name, pronounced "balance"), an acrobatic act in the art of "hand to hand," the term used in circus acts to describe hand balancing with two or even three partners. Their act is a blend of the elements of true strength, balance, artistic expression, and physique into an epic display that wows fans wherever they perform.

Sukhanov, nicknamed "the Terminator" for his nearly expressionless demeanor even during the most difficult moments of the routine, spent six years with world-renowned Cirque Du Soleil. He plays the role of the flyer, or top man, in the act.

Atlas (no relation to Charles—I think) is a lifelong strength athlete and is the base/porter (support man) for the act. Atlas has had a personal mentorship from Paulo Lorador of the legendary Alexis Brothers to bring his strengths into this amazing art of balance and power.

These cats put on quite a show in their five-minute exhibition. If



IFBB Governor's Cup Men's Physique top five



IFBB Governor's Cup Women's Figure top five



Natural Ohio winners, left to right: Lorne Talley, Kiah Douglas, Jason Connor, Riley James, Joleen Keith.

you haven't caught their shtick yet at an event in your area, please do when you can. Now that's entertainment!

2015 NPC West Coast Classic Tribute to Jay Cutler

I have to chuckle when I think back to the first time I ever spoke with Jay Cutler. I was eating in the hotel restaurant prior to emceeing my first-ever NPC Nationals in Fort Lauderdale, Florida, circa 1993, when Cutler approached the booth and asked if he could join me. (It might have been 1994 at the Orlando show, but the tale is the same.)

Sure, I'd heard his name—big kid out of the Boston area who recently had won his class at the 1993 NPC Teen Nationals but lost the overall to a dude from Texas named Branch Warren. Cutler seemed like a nice young man; I told him I would keep an eye on him in the future.

I was in the seats when the 22-year-old dominated the 1995 Tournament of Champions in Southern California; 14 months later I called out his name as the heavyweight winner at the 1996 Nationals in Dallas, Texas.

I congratulated him on earning his pro card (Willie Stalling took the light-heavyweight class and the overall), met his family, then promptly assured Cutler he should have a solid pro career, but not a great one. Too blocky to reach that status, I thought. He just smiled. He was only 23. Did he have plans for me—plans to prove the Swami can be full of salami at times?

Four years later, I penned an "Open Letter to Jay Cutler" in this space after he won the Night of Champions at New York's famed Beacon Theatre. Please accept my apologies, Jay—my crystal ball needed an overhaul.

Four Mr. Olympia titles and three Arnold Classic wins later (among a host of other victories), Cutler is retired from the competition side of things, but, at 41, he remains a major player in the sport as a promoter and owner of Cutler Nutrition and a clothing line, Cutler Athletics.

Over the past two decades, our friendship developed a unique loyalty. Cutler, whom photographer Irv Gelb dubbed "The Ultimate Beef," first guest-posed for me at the NPC Junior Cal in the early 2000s and has been a mainstay at the event almost every year since. The highlight—and there have been many—was 2005, when I was fortunate enough to have the two greatest bodybuilders in the world at that time—Cutler and Ronnie Coleman—go mano a mano, just like the Olympia.

Another terrific memory was Chris Cormier, still stung by a one-point defeat to Cutler at the Arnold Classic in 2004, trying to snatch Cutler's "Terminator" watch he received from Arnold himself in Columbus. Although Cormier thought he was robbed that night in Ohio, the camaraderie they displayed onstage at Pasadena City College made me understand why I've produced the event since 1999.

In recent times, Cutler has cut out guest-posing, but he didn't quit showing up to the event (which has been known as the West Coast Classic since 2010), greeting fans at his booth, going backstage and wishing all the competitors good luck, sticking around to be part of the awards presentation, and joining the gang many times for the obligatory post-contest meal.



Duo Balans



Jay greeting fans in the lobby at the 2014 WCC



Jay Cutler, 2005 NPC Junior Cal winner Chris Snell, Ronnie Coleman



L.T., Chris Cormier, Jay Cutler

PHOTOS COURTESY OF RON AVIDAN

PHOTOS COURTESY OF RON AVIDAN

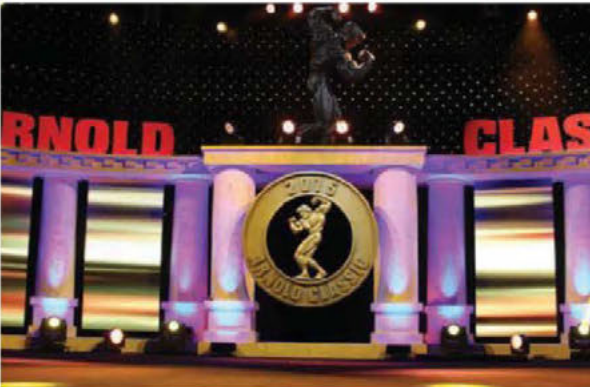


Four Mr. Olympia titles and three Arnold Classic wins later (among a host of other victories), Cutler is retired from the competition side of things, but, at 41, he remains a major player in the sport as a promoter and owner of Cutler Nutrition and a clothing line, Cutler Athletics.

Jay onstage with his final Sandow at the 2010 Olympia



Hallway at the Arnold



The stage at the Battelle Grand Ballroom



Inside the packed Arnold

On June 27, I will honor Cutler as the first winner of the Lifetime Achievement Award. Not only for his wonderful contributions to bodybuilding, but for his continued support of the WCC.

A class act all the way—both on and off the stage.

This is a great time to tell the first-ballot Hall of Famer just how much he inspired you through the years. Come on out and give Cutler a shout.

This Move Was Just Grand

Jim Lorimer cut right to the chase. Arnold's co-promoter was a tad nervous how things would turn out with the forced change of venue for this season's Arnold Schwarzenegger Classic. As readers of this space know, 2014 was the finale at Vets Memorial Auditorium; the building was torn down shortly after last season's contests, and the ASC, among other events, was moved to the Battelle Grand Ballroom at the Columbus Convention Center in 2015.

Let's just say "grand" is the appropriate term here. "I had my doubts about having to change venues; Vets was such a wonderful building, with so many memories, but those concerns were alleviated right away," Lorimer said. "I am very happy with the way things turned out.

"First off, the Battelle Grand is a start-of-the-art facility, and attendance was tremendous throughout the weekend...it was pretty much filled for the Saturday-night finals.

"People throughout the weekend were raving about the stage—produced by Shawn Loevenguth and his Live Technologies staff—and about the accessibility of the room. It was walking distance from all the major hotels. No buses, no taxis necessary to get there as in the past at Vets.

"And we picked up 10 buildings at the Ohio Expo Center, where we had 200 booths and ran the Kids Expo, to go along with the 900 booths we had downtown. We actually had to turn away 70 vendors. We will be increasing the number of buses next year to take people to and from the Convention Center to the fairgrounds.

"Everything was up this year: number of athletes, number of events, number of booths, number of people who attended the Expo. Yes, it ended up being a much brighter weekend than we thought."

Lorimer was also beaming about the results of the first Arnold Classic Australia, which took place the following weekend. Lorimer and Schwarzenegger teamed up with promoter Tony Doherty this year, and, according to Lorimer, "everything doubled from the previous year." Lorimer claimed the Expo was sold out and that the fire department had to be called in to prevent more people from trying to crash the party.

More amazing than the growth of the Arnold Sports Festival through the years, however, has been the continual, nonstop production of the 88-year-old wonder, who earned the moniker "The Energizer" from yours truly years back.

No typo, folks. Yes, Jim Lorimer is still great at 88! And he still doesn't take days off. And it pays. As usual, he was concentrating on his next project when I rang his office in mid-April—the Arnold Brasil at the end of May. "By 2016 we will be on all six continents," he said, with the same enthusiasm he displayed when I first emceed the ASC in 1993. "South Africa is being added to next year's lineup, and we're working on an event in Asia."

Could we expect anything less? The Energizer just keeps on recharging. **IM**

To contact Lonnie Teper about material possibly pertinent to News & Views, write to 1613 Chelsea Road, #266, San Marino, CA 91108, or send e-mail to tepernews@aol.com.





Sachie Sonkin

Age: 45

Hometown: Osaka, Japan

Current residence: Los Angeles

Height: 5'1½"

Weight: 99 pounds (contest), 104 pounds (off-season)

Occupation: Director of Lucky Girl LA International (women's clothing)

Contest highlights: 2015 Iron Man Naturally, Bikini, 1st A Division, Masters Overall winner; 2014 Los Angeles Championships, Bikini, 1st A Division, 1st Novice, 1st Masters; 2014 Orange County Classic, Bikini, Masters Overall

Factoids: Earned a PhD in Art Fashion Design from Japan's Takarazuka University. Taught at Toka Graduate School in Shanghai. First competed in Arnold Amateur in 2014, then moved to Los Angeles in June. Entered first NPC contest, the West Coast Classic, two weeks later where she won three trophies. Went on to compete in most NPC shows in California in 2014.

Miles Sonkin

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○ Sriracha Garlic Shrimp with Zucchini Noodles by Janice Neveux

1 pound shrimp, shelled and deveined
2 tablespoons garlic, minced
1 medium onion, thinly sliced
2 cans (14.5 ounces each) unsalted tomatoes, peeled and chopped
2 tablespoons sriracha sauce*
1 teaspoon dried basil
2 tablespoons fresh cilantro, chopped
½ teaspoon ground pepper
½ teaspoon sea salt (more to taste)
4 large zucchini, made into noodles

Directions

Place a large sauté pan over medium-low heat. Add the olive oil, garlic, and shrimp, and cook for approximately three minutes, or until the shrimp goes from blue-gray to pink. Make sure to cook both sides, but do not overcook or they'll be

rubbery and tough. If using precooked shrimp, heat for only about a minute in the garlic. Then transfer shrimp to a bowl and set aside.

Add onion to the skillet and cook until it begins to caramelize. Using a wooden spoon, scrape any brown bits from the bottom of the pan. Increase the heat. Add the tomatoes, basil, salt, pepper, and sriracha, and stir. Add the zucchini noodles and stir through the sauce. Continue stirring occasionally for a minute or two, or until the noodles are tender. Covering the pan will speed up the process. It will become saucier as the noodles soften. Return the shrimp to the skillet and toss through the noodles, season with salt and pepper to taste. Garnish with cilantro. Serve immediately.

*If you don't like things too spicy, start with only 1 tablespoon of sriracha. If you prefer it really hot, you can always add more.

Serves 4

Nutrition Facts (per serving):

Calories: 189
Protein: 25 g
Carbs: 11 g
Fat: 2 g
Fiber: 4 g





○ Watermelon Salad

1 ½ pounds watermelon, bite-size cubes
½ English cucumber, sliced and halved
½ cup red onion, finely chopped
12 low-sodium Kalamata olives, diced
6 to 8 very large basil leaves, chopped
4 ounces string cheese, sliced; or 4 ounces goat cheese
¼ cup balsamic vinegar (optional)*

Directions

Gently toss all but the cheese and vinegar together, and chill. When you're ready to serve, add the cheese and drizzle with vinegar, if desired.

Serves 4

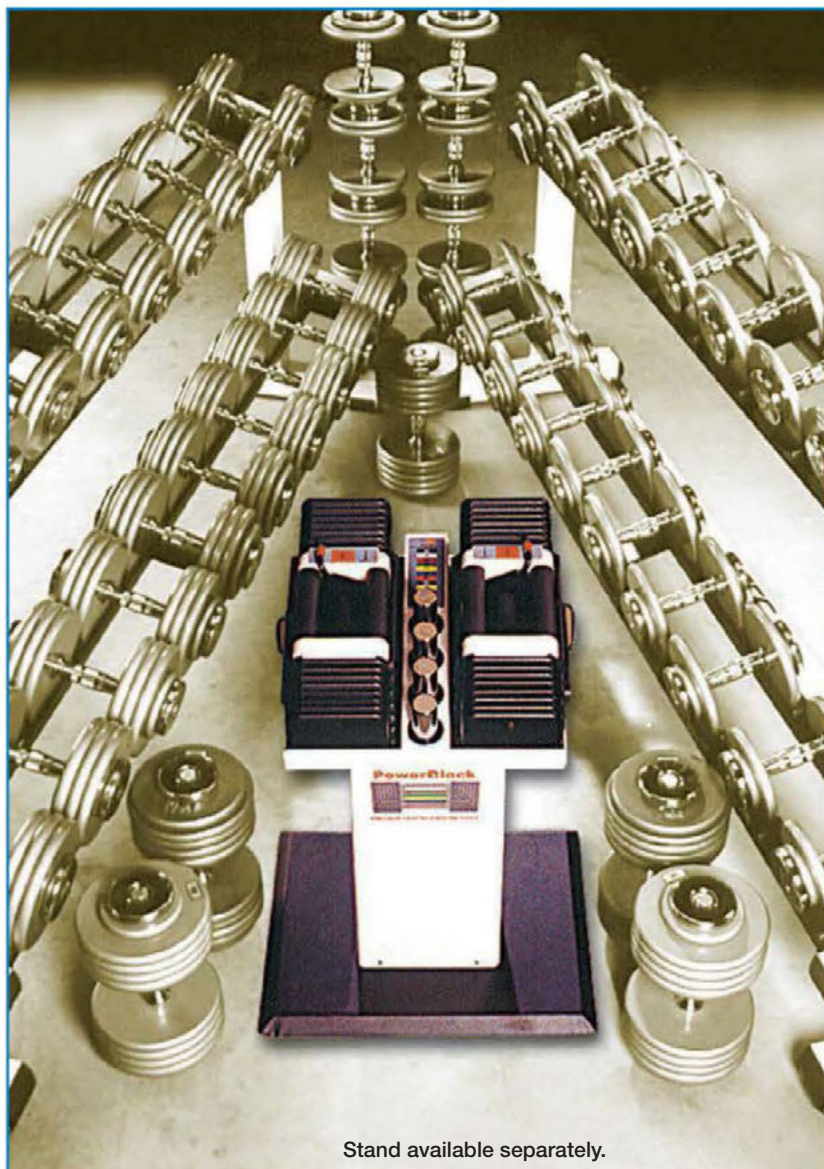
Nutrition Facts (per serving):

Calories: 175
Protein: 9 g
Carbohydrates: 22 g
Fat: 6 g
Fiber: 1 g

*Nutrition Facts includes the balsamic vinegar, which adds about three grams of carbs (12 calories).

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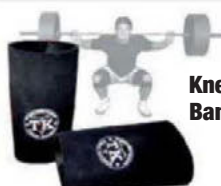
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○ WEIGHT ROOM WISDOM

by Brett Osborn, DO, FAANS, CSCS, & Jay Campbell

Getting older doesn't mean giving up hardcore workouts, but a few changes are in order.

"Now that I'm 40 years old, do I need to stop doing certain exercises or run the risk of getting injured?" This is an often-posed question with a simple answer: "Keep doing the same exercises you were doing when you were 21 years old." The hardcore barbell exercises that you did in your youth are actually exactly what you need. Giving up squats, deadlifts, and presses for a strict regimen of fixed-path machines would only hasten any age-related decline. That being said, aging trainees should keep a few things in mind: Recovery capacity is lesser than that of a younger individual, and injury potential is higher. This is mostly a

function of two critical factors of neuromuscular recovery: poor sleeping patterns and waning endocrine support (decreased synthesis of testosterone and growth hormone). To put it plainly, you don't need to change your workout as you age, but you do need to lengthen the recovery period between training sessions.

When it comes to exercise selection, stick with compound movements that maximally load the musculoskeletal system: squats, deadlifts, overhead presses, bench presses, and pull-ups. These generate the most robust hormonal response serving to rejuvenate the body, protecting it from injury. Remember, your body is a dynamic, adaptive machine. Impose upon it a properly dosed stress (in this case, the trauma of strength training) at an optimal frequency and the body responds. Strength training is similar to medication in that the proper dosage and frequency will generate the desired effect of improved strength and muscularity, improved neuromuscular and cardiovascular efficiency, and augmented bone density. The health-promoting effects of strength training are innumerable and accessible to men and women alike.

You don't need to change your workouts as you age, but you do need to lengthen the recovery period between training sessions.

Neveux/Models: Jonathan Lawson and Steve Holman

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Neveux/Models: Sebastian Siegel

Winning The Injury Game

An injury can set you back months or even longer depending on its severity. To avoid being relegated to spectating, you must realize that you're not 21 anymore. Is a 405-pound squat a smart goal for an unenhanced 40-plus trainee? Certainly, at age 50, this should not be your goal. Should you attain that 405-pound squat, kudos to you, but poundage should never be your primary focus. Safely performing the prescribed exercises while striving to improve your health are much more appropriate goals for the aging lifter. A preoccupation with the number on the bar is a fast track to the local ER. Instead, shoot for longevity, both in and out of the gym. Twice-weekly strength training mixed in with endurance-type work and allowing for active rest will suit most individuals, affording them ample recovery time. (Such a protocol is outlined in the pages of our book, *Get Serious, A Neurosurgeon's Guide to Optimal Health and Fitness*.)

There are no gender-specific or age-specific exercises. Only the dosage and frequency of said exercises may need modification as years goes by. The trick is learning to decode the signals your body gives you by establishing a sense of "body mindfulness." Do you feel overly fatigued in the wake of an exercise session? To the extent you would not even consider a heavy workout on your next sched-

Take a one-week hiatus from training every eight to 12 weeks. Think of it as wisely walking away from a fight.

uled day? Is your resting heart rate elevated by more than 10 percent from baseline levels? Is your sleep altered? These are potential signs of overtraining and equate to muscle catabolism and an increased risk of injury. Overtraining symptoms are telling you that you need to back off your intensity. Take a one-week hiatus from training. In fact, this should be done every eight to 12 weeks regardless, because the majority of us are overtraining. Think of it as wisely walking away from a fight. This concept becomes even more paramount as we age.

To more closely elaborate on the original question, you do not need to change your selection of exercises in the context of your chronological age. Simply understand that you are less resilient than your younger self and allow for additional recovery time. It is critical to remain injury-free by exercising caution in this regard. More is not better—that's the attitude of the immature and those who have yet to sustain a serious injury. **IM**

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So any stressful situation—even lifting weights—turns on your fight-or-flight juices, and your muscle can melt away in a cortisol fireball. What a waste—literally...

And that's exactly why so many bodybuilders resort to steroids. Those drugs partially block cortisol, making it much, much easier to pack on rock-hard, seam-splitting beef. According to researchers:

“[Steroids] bind with glucocorticoid cell receptors, those that interact with cortisol—and that tilts the balance toward anabolism.”

In other words, if you partially block cortisol, you're automatically in the muscle-building money big time! And that's precisely what PS, does—it controls cortisol and stops muscle wasting in its tracks so you stay fully anabolic and keep adding layer after layer of new mass!

The Science of Steroid-Free Mass Gains

Studies show that PS taken orally can decrease cortisol by more than 30 percent after intense exercise, either endurance³ or weight training.⁴ That can result in pounds of new muscle mass filling out your frame before you can say, “No, I don't use 'roids, but thanks for asking.”



PS works! In fact, there's a book written about it, *Phosphatidylserine: Promise for Athletic Performance*, by Edmund Burke, Ph.D., and Thomas Fahey, Ed.D., and these respected researchers conclude:

“As far as the effect of PS on corticosteroids is concerned, it can be used as a natural substitute for anabolic steroids. PS depresses cortisol production, while anabolic steroids block the action of cortisol by cross-binding with the corticosteroid receptor site.”¹

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⁴ Fahey, T.D.; Pearl, M.S. (1998). *Biol Sport*.



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Old-School Loyal

I'm a longtime subscriber of *Iron Man* and have seen it go through many changes. I'm still deciding whether I like the new format, which to me is a far second in quality content. My concern is that *Iron Man* is not representing the same values that used to set it apart from the other magazines, and that is natural bodybuilding and scientific content written by professionals. I am not arguing that Ironman didn't need a makeover. I'm just concerned that in the process of giving it new life, the values of natural bodybuilding and scientific content have been compromised. I look forward to reading your response.

—Derek, via e-mail

From the Editors: Thanks for reading, Derek. Making a change is always tough, but if you give us a chance, we guarantee that we will prove worthy of the high bar you've set for this magazine. While our new writers may be unfamiliar to you, they are some of the leading minds in physical culture. They know science, are rabidly dedicated to natural bodybuilding, and are what is known as "under the bar." That means they lift, they compete, and they are in the gym every day, passionately training people who are just as committed to the lifestyle as you are. Believe us, nothing has been compromised.

Fast Track to Cover Model

I'm a 22-year-old NPC Men's Physique competitor. How do I become an *Iron Man* cover model?

—Nathan, via e-mail

From the Editors: What's your story, Nathan? After all, you have to have a story. Winning competitions, being ripped, and looking good helps but doesn't guarantee you'll land a cover. There are only 12 issues a year, and 12 people get to be on our cover. The magic formula is a combination of marketability, timing, work ethic, and that indefinable spark between model and photographer that creates a timeless image that will go down in history.

Dana Mania

I just wanted to say that I loved, loved, loved the feature with Dana Linn Bailey [*Iron Man* April 2015]. It was beyond inspiring. Please give us more stories like that. Thank you, *Iron Man*.

—Marielle, via e-mail

Brains and Braun

I really liked the story on PJ and Celeste Braun. Sometimes the fitness industry feels like it's filled with shallow narcissists who only care about their abs and their tan, but it seems like PJ and Celeste have some real depth. The way they have built their supplement and clothing companies is super impressive.

—Jason, via e-mail



Per Bernal

Vol. 74, No. 6: IRON MAN (ISSN #0047-1496) is published monthly by Physique Press, 9701 Wilshire Blvd, Suite 1000, Beverly Hills, Ca. 90212. Periodical Mail is paid at Oxnard, CA, and at additional mailing offices. POSTMASTER: Send address changes to IRON MAN, P.O. Box 90968, Long Beach, CA 90809-0968. Please allow six to eight weeks for change to take effect. Subscription rates—U.S. and its possessions: new 12-issue subscription, \$29.97. Canada, Mexico and other foreign subscriptions: 12 issues, \$49.97 sent Second Class. Foreign orders must be in U.S. dollars. Send subscriptions to IRON MAN, P.O. Box 90968, Long Beach, CA 90809-0968. Or call 1-800-570-4766 or 1-714-226-9782. Copyright © 2015. All rights reserved. No part of this magazine may be reproduced in any manner without written permission from the publisher. Printed in the USA.